

HALIFAX metro®



Halifax spared worst of storm

Weather. The rest of the province, however, experienced some 'pretty hazardous conditions,' says Environment Canada



RUTH DAVENPORT
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A senior forecaster for Environment Canada says the first blizzard of the year ended sooner than expected in the Halifax area, but that doesn't make it a "dud."

"Perhaps the conditions weren't as severe here in the city, but the rest of Nova Scotia is still experiencing some pretty hazardous conditions," Tracey Talbot said Tuesday afternoon.

The storm system was expected to bring up to 30 centimetres of snow to Nova Scotia, accompanied by winds gusting up to 100 kilometres an hour, prompting Environment Canada to issue blizzard warnings for the entire province.

By mid-Tuesday afternoon when the snow had all but stopped in the city, Talbot said 12 centimetres had been recorded at Halifax Stanfield International Airport, with winds of just over 70 kilometres per hour.

Talbot said combined snow and ice pellet measurements ranged from 16 centimetres in Yarmouth to 23 in Greenwood, with wind gusts topping out at 125 km/h per hour in Baccaro Point.

Teacherous road condi-

Km/h
60-80

The range of sustained windspeeds across Nova Scotia during the storm on Tuesday morning

tions prompted the closure of the 104 from Truro to the New Brunswick border for a few hours, and Canada Post suspended weather delivery across Nova Scotia around 1 p.m.

However, conditions began to improve in Halifax around midday, prompting derisive reaction from social media users.

"Borrnnnnnggg," tweeted user @Bettszee just before noon.

"Had bigger blizzards at the DQ," added @cammacd40 around 3 p.m.

Talbot said conditions improved sooner than expected for most coastal areas, reducing the snowfall amounts and impact.

"It changed over to ice pellets maybe a bit sooner than we expected," she said. "So when it mixes with ice pellets, the visibility isn't as poor because the snow isn't blowing around quite as much."

Although there is another system on the radar, Talbot said it's too soon to know how — or even if — it will affect Nova Scotia.

"Every week or so we'll get a system coming through, whether or not it's as severe as the one before, that all depends," she said.

More coverage, pages 4 & 5



A plow clears the Grand Parade in downtown Halifax as a winter storm hit Halifax on Tuesday. Transportation was interrupted and schools, businesses and government offices were closed across the city, but the storm never packed the punch that was expected.

ANDREW VAUGHAN/THE CANADIAN PRESS



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Local soup kitchen wins \$100k makeover

Aviva prize. The facility serves 90 people each day and is in need of an update



STEPHANIE TAYLOR
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When Les Porter and his wife tuned in to watch Canada AM Tuesday morning, they awoke to the surprise of a lifetime.

Porter, a red seal chef, had recently joined his brother, Ken, working at the Souls Harbour Rescue Mission drop-in centre on Cunard Street in north-end Halifax, which serves warm meals and offers company to many of the city's homeless.

Last fall, the mission's founders, Rev. Ken and Michelle Porter, entered the sixth annual Aviva Community Fund Competition — a countrywide contest where Canadians vote on which community groups receive money from a \$1-million pot.

After months of raising support and some 20,000 votes, competition winners were finally announced on the Canada AM morning show on Tuesday, and among the groups picked for one of five \$100,000 prizes was Souls Harbour Rescue Mission.

"We just jumped out of our seats. It was a very joy-



The outdated kitchen at Souls Harbour Rescue Mission in Halifax will soon be no more. Souls Harbour Rescue Mission was among the groups picked for one of five \$100,000 prizes courtesy of the Aviva Community Fund Competition. CONTRIBUTED

At a glance

Renovations are not expected to begin until spring, but planning will begin shortly.

ous occasion," Les Porter said later Tuesday morning, laughing. "Very happy."

"It's hard to put into words. It's almost shocking to think about what this

means for us," Rev. Ken Porter explained.

He said the money will be used to renovate the kitchen of the mission, which serves approximately 25,000 hot meals each year or 90 people each day.

"It's pretty much like a home kitchen. One stove, one fridge," he described on Tuesday, saying the money will allow the mission to operate more like a commercial kitchen.

Chef Les Porter expects the renovations will be a "transformation," and replace the old cabinet and counter tops with stainless steel, as well as install a convention oven and dishwasher to smooth out the process of food production time.

He's also looking forward to having more space for volunteers to move around, saying the four to five volunteers who usually help prepare food are constantly bumping

into each other.

Ken Porter calls winning the money a "milestone" in the mission's nearly-four-year history.

He says it confirms the vision he and his wife initially had when they moved from Saskatchewan, and decided to develop the centre, despite being newcomers to the neighbourhood.

"It's like a vote from the community to continue what we're doing."

Dal students dance their way to victory

An upbeat soundtrack, big smiles and lots of dancing helped Dalhousie University engineering students claim top prize at a national conference last weekend.

Colin (Zhen) Liu, one of about 30 industrial engineering students graduating from Dalhousie University this year, said a video filmed with classmates for the Institute of Industrial Engineers (IIE) National Student Conference in Montreal has been gaining traction around the city.

"Little scenes, little pictures, that show the spirit of Halifax," Liu said about the video showing his classmates dancing or posing on landmarks such as the waterfront, Dartmouth



Dalhousie University industrial engineering students shown in their video 'Happy from Halifax'. COLIN LIU/CONTRIBUTED

ferry, Citadel, Keith's Brewery and Central Library.

The class decided to set its video to Pharrell's hit, Happy, Liu said.

"It's a small class so we know each other, we go out and drink, we go on road trips, we

have a lot of fun all the time," Liu said. "We want to show people that we're happy ... to be part of Dalhousie."

Liu, who went to high school in Cole Harbour and grew up in Beijing, said he loves Halifax for its "really awesome people"

and its proximity to the ocean.

Although he couldn't make it to the conference, Liu said he was proud to hear his university claimed top prize, and their video was pointed out as the best.

"It was extremely exciting. It's always fun to see how your school stacks up compared to other schools," said engineering student Kaitlin Miles, who attended the conference and will go on to the international event in Nashville, Tenn., this spring.

Miles said alongside points for the video and participation, Dalhousie's delegation was first in two categories and third in another, bringing them the overall prize.

Quoted

"I'm pretty glad they came out and spread the happiness."

Colin Liu

"It'll be great to look back on. I think we'll look at this forever," Miles said about the video.

Although Liu only put the video on YouTube to share with his classmates, he said it's taken off through social media and had nearly 6,000 hits within a week.

"I'm pretty surprised, and glad to be part of it," he said.

HALEY RYAN/METRO

Snow day in Halifax: Plenty of fun to be had

Storm. City was basically shut down over blizzard that didn't exactly come as advertised



STEPHANIE TAYLOR
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Stepping out your door on Tuesday in Halifax meant digging out those snow pants from the back of the closet before braving the first real snowfall of the season.

Around noon, Heather, a resident who prefers not to give her last name, decided to leave the comfort of her north-end Halifax home to begin shovelling the blanket of snow a blizzard brought to her sidewalk overnight and earlier that morning.

"It's pretty windy, but there doesn't seem to be much snow down yet, so I'm not sure if more is coming or not," she said, shovel in hand.

Heather said she wasn't too worried about the storm that caused the shutdown of all government buildings as well as most retailers and restaurants.

She planned ahead for her son's daycare to be can-

celled, she said, as a boy in a blue snowsuit rolled around in a pile of snow behind her.

"He has his hockey stick out, and we've been shovelling and spraying coloured water in the snow in the back," his mother said, laughing.

"I love snow days."

Meanwhile the much-hyped snowstorm left others, like Michael Natas, less than impressed.

"I don't think it's anything too formidable," he said while standing on Windsor Street, carrying a green Sobeys bag at his side, with a coffee cup in his other hand.

He admitted he wasn't paying much attention to the blizzard warning because, after all, it's winter and "it's just a snowstorm."

Still, for a man who called himself a summer person, the white stuff wasn't a welcome sight.

That certainly wasn't the opinion shared by a group of snowsuit-clad neighbourhood children, who sledded down a pile of snow and hurled snowballs at each other outside a blue house on Seaforth Street.

"We already knew there was no school — the morning before said on the website 'No school' — so I was really happy. So I slept in,"



Bridgid Gallagher, 11, slides down a pile of snow Tuesday as she plays with friends on Seaforth Street in Halifax during the first big snowstorm of the winter.

HALEY RYAN/METRO

said Bridgid Gallagher, 11.

Nearby, neighbour Frank Atherton was shovelling his driveway, which he called "business as usual." He said he was actually daydreaming about the start of ski season.

As the children patiently waited for a slow plow to transform a nearby parking lot into a snow hill, 10-year-old Rwyn MacEachern summarized what many Halifaxians were thinking of Tuesday's storm:

"Medium. We've had bigger ones."

Overview

Across the Maritimes

A look at the storm that hit Atlantic Canada on Tuesday:

Blown away: U.S.-based weather forecaster AccuWeather said the strongest storm winds would be focused on coastal Nova Scotia and Prince Edward Island, predicting gusts in the 80- to 90-kilometre-an-

hour range.

Do not enter: The 170-kilometre, four-lane highway linking Truro to Moncton, N.B., was closed to traffic early Tuesday afternoon.

Power surge: The public utility in New Brunswick had 80 crews, or about 160 linemen, and nine contract crews ready to respond to the storm.

Keep shovelling:

Environment Canada says some areas could get as much as 40 centimetres of snow before the storm passes on Wednesday.

Historic highs: The federal forecasting agency lists Fredericton as having the greatest snowfall among cities in the Maritimes for the same date in its modern records, with 33.3 centimetres falling on Jan. 27, 1963.



A truck makes its way up a snow-covered street during blizzard conditions in Upper Tantallon on Tuesday. JEFF HARPER/METRO

Reporting for duty, snowstorm aside

The snowstorm that pounded parts of the Maritimes on Tuesday meant a day off work for many — but not everyone.

Brad Gilroy, who is a

security worker at Halifax Stanfield International Airport, was taking the storm in stride while he took a city bus Tuesday morning to his job, despite the fact that

the airstrip was at a standstill.

"It's all shut down from what I'm told, but I have to report to work regardless and I'm ... leaving my car

safely in the garage," said the 50-year-old Halifax resident.

"We get one or two or three of these a winter. It inconveniences everybody

and creates problems for essential services because they have to be there for everyone.

"Sometimes they're much ado about nothing

and sometimes they're worse than forecast, so you just have to take it moment by moment and judge it accordingly."

THE CANADIAN PRESS



A pic Tweeted to Metro Halifax of the storm munchies one person would be eating. TWITTER

We asked and you answered

Social media. Residents whiled away the snow day with #stormchips, #stormbacon and even #stormsex

While blustery winds and heavy snow blanketed the Halifax region Tuesday, many residents hunkered down with snacks and family for a snow day.

Last winter, CBC radio created the hashtag #stormchips on social media when a radio host talked about how they wanted to stock up on chips and dip to wait out a snowstorm.

The hashtag has taken off this year, and on Tuesday we asked who out there made sure to eat #stormchips, #stormbacon or whatever else.

Here are some responses we received via Facebook and Twitter.

Many enjoyed snow-day treats:

@amyserrands via Twitter: I got me some #stormhotdogs! Didn't know about #Stormchips til today. I will be ready for the next one though.

Mary Alice via Facebook: We started with eggs Benny and bacon for breakfast, BLTs and doritos ketchup chips for lunch. Good thing I'll be shoveling!

Naseema Kellegrew via Facebook: Baking blueberry pie and watching cartoons. Maybe even a tea party with my soon to be 5 yr old.

@carpeg69 via Twitter: #stormcinnamonbuns. Who needs #cinabon

Anne White via Facebook:

PJs, coffee and Baileys, and a good book — that's all that's needed. :)

@drunkenpirate89 via Twitter: working from home with #stormcuddles from my kitty and #stormcheesecake

Amanda Flynn via Facebook: Hubby better be bringing this 8 months pregnant girl some of those #stormchips on his way home from work! :)

Others enjoyed the outdoors — or called out the storm as a flop:

Suzy Hector via Facebook: Giving pups and cats lots of love at the SPCA! No snow day for us!

@brayschurman via Twitter: spending the day with the kids! going to go #tobogganing and then maybe grab some #poutine. we love #halifax

Lacy Tattre via Facebook: The cold never bothered me anyway

@w415hy via Twitter. This storm is weak! Not impressed

Shawna Nicole via Facebook: Outside making snow angels

Stéphanie Tremblay via Facebook: Hey Haligonians... It's far from a blizzard... It's not even a storm... That's a "regular" winter snow fall!

And finally, some of you were very honest:

Heather Teepell via Facebook: I have so much #snow-wine to go with lack of Netflix because my back country Internet s— the bed, it can't even withstand a squirrel farting within a 1 km radius.

@utxgent via Twitter: #stormsex. Or at the very least, #stormmasturbating

HALEY RYAN/METRO

NOTICE OF PURCHASE

PID 40247439, PID 40247447, PID 40247454
Necum Teuch, Halifax County

TAKE NOTICE that on January 12, 2015 the following Certificate of Purchase Document 106463756 was registered at the land registry:

Certificate of Purchase

This certifies that on July 30, 2014 land at Necum Teuch, Halifax County, Nova Scotia and more particularly described in this Certificate vested absolutely in Her Majesty the Queen in right of the Province of Nova Scotia, pursuant to Section 135 of Chapter 18 of the Statutes of Nova Scotia 1998, the *Municipal Government Act*. Legal description, assessment number/municipal tax number, property identification number (PID) and compiled plan number for the land are shown below. The land described in this Certificate will cease to vest in Her Majesty if:

- on application made before January 30, 2016, a person proves to the satisfaction of the Minister of Natural Resources or a judge of the Supreme Court of Nova Scotia on appeal from the Minister of Natural Resources that the person owns the land; and
- the person pays the taxes, interest and allowance for expenses paid by the Minister of Natural Resources.

Legal Description:

ALL that parcel of land situate, lying and being at Necum Tecum, Halifax County, Nova Scotia, shown on Compiled Plan cp423 prepared by and filed with the Department of Natural Resources, Halifax, Nova Scotia, more particularly described as follows:

PID 40247439

Assessment Account/Municipal Tax Account #10515130

Size: 5.8 hectares (14.33 acres) more or less

BEGINNING at the intersection of the eastern boundary of Owner Unknown (PID 40247447) and the northern boundary of John Reginald Smith (PID 00549105);

THENCE northerly along the eastern boundary of Owner Unknown (PID 40247447) to a point on a southern boundary of Crown land (PID 40751018);

THENCE easterly along the southern boundary of Crown land (PID 40751018) to the northwestern boundary of Rodger Francis Levy (PID 40247421);

THENCE southerly along the eastern boundary of Rodger Francis Levy (PID 40247421) to a point on the northern boundary of John Reginald Smith (PID 00549105);

THENCE westerly along the northern boundary of John Reginald Smith (PID 00549105) to the place of beginning.

PID 40247447

Assessment Account/Municipal Tax Account #10515165

Size: 5.8 hectares (14.33 acres) more or less

BEGINNING at the intersection of the eastern boundary of Owner Unknown (PID 40247454) and the northern boundary of John Reginald Smith (PID 00549105);

THENCE northerly along the eastern boundary of Owner Unknown (PID 40247454) to a point on a southern boundary of Crown land (PID 40751018);

THENCE easterly along the southern boundary of Crown land (PID 40751018) to the northwestern corner of Owner Unknown (PID 40247439);

THENCE southerly along the eastern boundary of Owner Unknown (PID 40247439) to a point on the northern boundary of John Reginald Smith (PID 00549105);

THENCE westerly along the northern boundary of John Reginald Smith (PID 00549105) to the place of beginning.

PID 40247454

Assessment Account/Municipal Tax Account #10515173

Size: 5.8 hectares (14.33 acres) more or less

BEGINNING at Crown Post HX7634 being the eastern corner of Crown land (PID 40247462);

THENCE northerly along the eastern boundary of Crown land (PID 40247462) to Crown Post HX7633;

THENCE continuing northerly along the eastern boundary of Crown land (PID 40247462) to Crown Post HX7632 being a point on the southern boundary of Crown land (PID 40751018);

THENCE easterly along the southern boundary of Crown land (PID 40751018) to the western corner of Owner Unknown (PID 40247447);

THENCE southerly along the western boundary of Owner Unknown (PID 40247447) to a point on the northern boundary of John Reginald Smith (PID 00549105);

THENCE westerly along the northern boundary of John Reginald Smith (PID 00549105) to the place of beginning.

By authority of Order in Council Number 1999-498 dated October 13, 1999, the Minister of Natural Resources caused the land to be purchased and authorized this Certificate to be executed.

Gretchen Pohkamp
Executive Director
Land Services Branch
Department of Natural Resources

NOVA SCOTIA

Halifax chamber calls for 'bold action' in the provincial budget

Economy. President says every recommendation in recent review of tax system must be adopted to halt economic decline



RUTH DAVENPORT
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The Halifax Chamber of Commerce has released its list of recommendations for the provincial budget, urging the governing Liberals to take drastic action to reverse the province's gloomy economic prospects.

"We don't think it's a 'you should'; it's a must. We must do this. We're running out of options," said chamber president Valerie Payn Tuesday.

The pre-budget submission emphasizes the need for a freeze on provincial spending, and a reduction in the regulatory and tax burden on businesses and people.

Quoted

"We're saying we can't wait until 2017-18 to balance the budget, and we want to call on the government to follow through its tough talk with bold action on the budget."

Halifax Chamber of Commerce president Valerie Payn

Payn cited the recent review of Nova Scotia's tax system by former Ontario cabinet minister Laurel Broten, which suggested a spending freeze could save \$1.1 billion a year.

Payn said that money should be applied directly to the province's debt, now at nearly \$15 billion.

"It's getting worse and worse, and it's just stomach-churning to watch," she said. "We've got to do something different."

She said the chamber is also calling on the Liberal government to adopt all of Broten's recommendations in order to reduce the regulatory and tax burden on families and businesses.

"There's a little bit of

pain in there for everybody, but really for those who we feel we need to protect.... It's redistributing so that they are protected, but in different ways," she said.

Although Payn said there are good things happening for Nova Scotia — new offshore explorations by Shell and BP and the shipyards on schedule to cut steel this year — she said the Liberals must be willing to make a politically unpopular choice in order to effect real change.

"Therein lies the challenge," she said. "We don't like change, but a short-term change is often painful, but if you can hang in there, it often gets you where you need to go."



Premier Stephen McNeil laughs during an event held by the Halifax Chamber of Commerce in 2013. THE CANADIAN PRESS FILE

No balanced budget any time soon, minister says

Forget about balancing the provincial budget, at least for three or four more years.

Just tabling a budget is likely to require a real balancing act, provincial Finance Minister Diana Whalen said at Acadia University this week.

Whalen was at the campus's Fountain Commons on Monday evening for the third stop of eight on her province-wide tour dubbed "Let's Talk Taxes: Creating Solutions for Economic Success."

Whalen said her tour shares similarities with her NDP predecessor Graham Steele's "Back to Balance" outings.

Budget deliberations "are definitely a tradeoff," Whalen said. "If we choose to add something, there's a good chance we'll end up having to take something away."

"We're talking about government services here," she said. "We can't discuss taxes in a vacuum."

Quoted

"We're looking to see what people value, what principles are their guiding principles."

Finance Minister Diana Whalen



Taxes and other revenue provide government programs and services, she noted.

Revenue will have to pay for infrastructure invest-

ment, Whalen said. "We're not looking at adding to the debt through infrastructure. It's all part of being more fiscally responsible, and in the end, it all comes back to

taxes, which will allow us to make the improvements to things like roads and other infrastructure."

Whalen said she expects the provincial budget to be tabled in about three months. Difficult decisions are likely to have to be made, in terms of both revenue and expenditures, she said.

The McNeil government has been in power since October 2013 and Whalen calls its first year in office "a period of orientation."

"This year's budget will be a lot more definitive, and we'll be able to take more definitive action, and put more of our own stamp on it," she said, but it definitely won't be a balanced budget.

"We're nowhere near (a balanced budget) now," she said. "The status quo can't continue. We need a plan for the next three years."

The government's goal, Whalen said, is to have a balanced budget by 2017-18.

HANTS COUNTY JOURNAL

Business

Investors leading \$50M venture capital fund

Small and medium-sized businesses in Nova Scotia will soon have access to a \$50-million private venture capital fund.

Premier Stephen McNeil says the fund is to be created by private investors led by international busi-

nessman Victor Chu.

McNeil met with Chu during a business mission to China last September.

Chu is chairman of First Eastern Investment Group, a Hong Kong-based direct investment firm with private equity investments in China.

McNeil says in addition to the financial support the fund will provide another access point for Nova Scotia companies into China.

THE CANADIAN PRESS

Theft

Police investigating after ATM stolen from pharmacy

They took the money — machine that is — and ran.

Halifax police are investigating after an ATM was stolen last week from a pharmacy located on Hammonds Plains Road.

The theft is believed to have happened sometime in

the early morning hours of Jan. 23 at the PharmaChoice pharmacy, the RCMP said in a release issued Tuesday.

Police say the suspects broke in through the front door and then removed the machine.

There were at least two suspects, police say, and the getaway vehicle was a small dark-coloured pickup.

Anyone with information about the incident is asked to contact police or Crime Stoppers. METRO

Court

Two men charged in connection with stabbing

RCMP in Nova Scotia say two men have been charged with attempted murder in the stabbing of a 21-year-old man.

Police say Levi Bradley Marshall and Cleveland Stephen Nicholas, both of Potlotek, appeared today in a

Port Hawkesbury court and have been remanded.

Marshall is scheduled to make another court appearance on Thursday, while Marshall is to appear next Tuesday.

An 18-year-old man and a 17-year-old boy also face charges related to Friday's stabbing at a home in Louisdale.

Police say the victim remains in hospital in Antigonish, where he is listed in stable condition.

THE CANADIAN PRESS



Six-year-old Dylan Laliberte ties a scarf around a pole in Victoria Square in downtown Amherst. CUMBERLAND NEWS

Six-year-old spreading the warmth

Good deeds. Nova Scotia boy provides scarves to those in need

Sometimes a little bit of warmth can go a long way.

That was the thinking behind six-year-old Dylan Laliberte's idea to tie scarves around local trees and utility posts, to be taken and used by anyone who needs them.

He got the idea from the Internet.

"My mom was on the computer, and I saw a picture," he explained.

What his mother, Cheryl, was watching was a news report from Toronto, showing images of scarves that had been tied around light poles, encouraging those in need to take them for extra warmth.

He liked the idea so much, he decided he wanted to do it in his hometown.

"I just had the idea to do it here," said Dylan.

His mother jumped on board, and they set about re-

cruiting donations of scarves. She posted a 20-second video on Facebook of Dylan "working his puppy dog face," asking for support. And they were not disappointed. In total, they received 16 scarves to place around town.

"The most came from my cousin Pam, who gave 11," said Cheryl. "Then my mom and my aunt did the rest."

The pair travelled around Amherst, tying the scarves around trees and poles in areas such as the Beacon Street park, Maggie's Place, Spring Street Academy and the downtown area, including one at Victoria Square.

"The timing wasn't great, because we did it on Sunday, the day before it rained," she explained. "So they got all wet, and then would have frozen to the tree."

If the scarves help one person, she said it would have been worthwhile. Regardless, she is proud of her son for wanting to do it.

"He's a pretty amazing guy," she said.

CUMBERLAND NEWS

Robert Ghiz

P.E.I. premier is no fan of Maritime union

When it comes to Maritime union, Premier Robert Ghiz thinks Prince Edward Island should have no part of it.

In his annual state of the province address Monday night in Charlottetown, Ghiz said P.E.I. needs to look at its role within Can-

ada and all the benefits that come from being an equal partner within Confederation.

"I believe it would be a huge mistake," he said.

Every year since taking office Ghiz has delivered a state of the province address to members of P.E.I.'s Rotary clubs.

With Ghiz announcing his resignation in November, this year's speech had an air of a going away party as the premier highlighted

what he saw as many of his government's accomplishments over his time in office.

Most were often repeated Liberal talking points, such as the introduction of kindergarten in schools and increased health-care spending.

But he also spent part of his speech addressing the idea of Maritime union, which reared its head again recently when Sackville-Eastern Shore NDP MP Peter

Stoffer suggested it as a way for provinces in the region to save money and allow for more public services.

Ghiz said if P.E.I. lost its place as an equal partner in Canada the province would lose the status it enjoys within the country and around the world.

CHARLOTTETOWN GUARDIAN

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Quoted

"People might not have that much stuff, and be cold." Six-year-old Dylan Laliberte

Prisons. Denying parole to offenders dangerous: MPs

The government's long-promised plan to lock up some criminals and throw away the key will make prisons more dangerous, opposition MPs say.

Denying any chance of parole to the worst violent offenders will increase the chances of prison guards being attacked, the NDP and Liberal public safety critics said Tuesday as the government signalled legislation would come before summer. Opposition MPs want a greater emphasis on rehabilitating inmates.

Criminologists dismissed the life-behind-bars initiative after it was announced in the October 2013 speech from the throne, saying there are already legal provisions to ensure the most heinous offenders never get out. At the time, the government said those convicted of the worst crimes — such as multiple murders or sex assaults on children — could spend the rest of their lives in prison.

Public Safety Minister Steven Blaney says legislation will be tabled before Parliament

Solitary confinement

The federal government is facing a second court challenge to the use of solitary confinement in prisons.

- This time, the Canadian Civil Liberties Association and Canadian Association of Elizabeth Fry Societies have filed a petition in Ontario Superior Court. The petition seeks to challenge the constitutionality of isolation, which the groups call cruel and inhumane. They say the practice is "fatally flawed."

risers in June.

"People who commit serious and violent crimes in a repetitive manner constitute a menace to society," Blaney said.

When the plan was first outlined, Justice Minister Peter MacKay said the provisions would be applied very narrowly. **THE CANADIAN PRESS**

Couple shocked to find out stolen truck linked to Mountie shooting

Grande Prairie, Alta.

Donna Campbell struck by a heart attack upon being told it was her truck that RCMP Const. David Wynn identified before he was shot



LEAH HOLODDAY
Metro in Edmonton

When police told Donna Campbell they'd found her stolen truck, the news was simply overwhelming.

"Are you sitting down?" Campbell said the officer asked her twice.

In the ensuing conversation, the Grande Prairie woman learned St. Albert RCMP Const. David Wynn had identified her truck at the Apex Casino parking lot moments before he was shot by Shawn Maxwell Rehn.



Donna and Gerald Campbell said they were shocked to hear from Edmonton police that their truck stolen in October 2014 was the vehicle Const. David Wynn had been investigating before he was shot. **THE CANADIAN PRESS**

Wynn died several days later in hospital.

"I just got shivers. I said 'Oh, you're kidding,'" Campbell remembered.

Upon hanging up with police, Campbell started having

chest pains and asked her husband to take her to the hospital.

"It turned out I had a heart attack," she told Metro. Doctors informed her the attack was stress-induced.

While Campbell is slowly

recovering from her attack, she said the entire situation is so sad, especially for the wife and three sons of 42-year-old Wynn.

"It's pretty sad, everything that has happened," she said.

Campbell and her husband first reported the truck stolen from a south Edmonton hotel parking lot in October, when the couple had driven to the city to do some early Christmas shopping.

"We couldn't believe it," said Campbell, who later learned three F350s had been stolen the same week in the city and were often targeted by car thieves.

After the stipulated 20-day insurance period, the couple was able to file their claim and assumed the truck was long gone.

Police informed Campbell that the truck had been full of stolen property, including a printer, a camera, tools and different purchases from Costco.

RCMP weren't able to confirm the details by press time.

Provinces to lose millions as gambling bill stalled in Senate

Cash-strapped provinces will lose millions to foreign gambling websites and criminals in Sunday's Super Bowl because the Senate is stalling legislative changes passed by the House of Commons.

Almost three years after NDP MP Joe Comartin's private member's bill sailed through the House with support of members of all parties, the

measure remains mired in the Red Chamber.

With a federal election later this year, there are concerns his law will die in the unelected Senate, meaning the estimated \$10-billion-a-year sports gambling industry will continue to thrive underground and abroad.

"The only people profiting from illegal sports betting are

criminals and offshore operators who are not licensed and regulated to do business in Canada," Bill Rutsey, president of the Canadian Gaming Association, said Tuesday.

Rutsey estimated about \$150 million will be illegally wagered in Canada on the NFL championship game this weekend.

"We have an option on the

table and it's called Bill C-290," he said. That's the legislation Comartin, the Windsor-Tecumseh MP, successfully pushed through the Commons on March 2, 2012.

Striving to help his beleaguered border city attract American visitors, the New Democrat proposed amending the Criminal Code to allow one-game betting on football, hock-

ey, baseball, soccer, basketball and other sports.

It would help Ontario casinos in Niagara Falls and Windsor open Las Vegas-style "sports books" to attract gamblers wanting to wager on single matches instead of just the existing Pro-Line that require bets on a minimum of three games simultaneously.

TORSTAR NEWS SERVICE

Cash-strapped

Jobs and a thirst for increased revenues are why Queen's Park, which is saddled with a \$12.5-billion deficit this year, has urged the Criminal Code change since 2008.



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Mulcair promises tax relief to small businesses, manufacturers

Tom Mulcair has unveiled promises of tax relief for small business and manufacturers.

The NDP leader announced Tuesday that a New Democrat government would cut the tax rate for small businesses to nine per cent from the current 11 per cent.

It would extend for an additional two years the accelerated capital cost allowance for machinery or equipment used in manufacturing, a tax break that is scheduled to expire this year. It would also create an innovation tax credit to encourage manufacturers to invest in machinery, equipment and property used in research and development.

The trio of measures is part of a bid to show that New

Election platforms

NDP leader Tom Mulcair began unveiling platform planks last summer — before oil prices nosedived.

- PM Stephen Harper has vowed that the oil price plunge won't knock the government off its plans to balance the budget in the coming year and deliver on pricey promises of tax benefits for families with young children.

Democrats have a plan to spur the sputtering economy that's in sharp contrast to the standpat approach taken by Prime

Minister Stephen Harper's Conservatives in the face of plunging oil prices.

An NDP backgrounder estimates that reducing the small business tax rate to 10 per cent immediately would cost \$600 million a year, with the final drop to nine per cent coming when finances permit. The innovation tax credit would cost about \$40 million a year, while extending the capital cost allowance would cost \$1.2 billion over two years. That's on top of previous commitments Mulcair has made to create a national, \$15-a-day child care program, reinstate a \$15-an-hour federal minimum wage and restore the annual six-per-cent increase in health care transfer payments.

THE CANADIAN PRESS

ISIL. Hostages have less than '24 hours left to live' if prisoner is not released

An online message purportedly from the Islamic State of Iraq and the Levant (ISIL) warned Tuesday that a Japanese hostage and Jordanian pilot the extremists hold have less than "24 hours left to live."

The message again demanded the release of Sajida al-Rishawi, an Iraqi woman sentenced to death in Jordan for involvement in a 2005 terror attack that killed 60 people. It also mentioned for the first time Jordanian pilot Mu'ath al-Kaseasbeh, who is a captive of ISIL, setting a Wednesday afternoon deadline.

Tuesday's video matched a message released over the weekend, though neither bore the logo of ISIL's al-Furqan media arm. The weekend video showed a still photo of Kenji Goto holding what appears to be a photo of the body of Japanese hostage Haruna Yukawa.

The message says that



Protesters chant "Free Goto" during a rally in front of the Prime Minister's residence in Tokyo on Tuesday.
EUGENE HOSHIKO/THE ASSOCIATED PRESS

unless the Jordanian government frees al-Rishawi within 24 hours, Goto and the pilot will be killed, adding that this would be the group's last message. The message warns any delaying tactics by the government will result in the death of both men.

Goto has only "24 hours left to live and the pilot has even less," the message said.

THE ASSOCIATED PRESS

Libya. Gunmen kill nine during hotel shootout in Tripoli, assailants dead

Gunmen stormed a luxury hotel in the Libyan capital of Tripoli on Tuesday, killing four foreigners and five guards, and triggering an hours-long standoff that ended when two assailants set off a grenade that killed them, officials said.

The attack on the Corinthia Hotel, which sits along the Mediterranean Sea, underscores the lawlessness that this North African country descended into following the 2011 ouster and killing of dictator Moammar Gadhafi. The State Department said it

was looking into reports of an American casualty in Tuesday's attack.

Libya's security forces responded and after several hours of a standoff, the attackers threw a grenade at the security forces, killing themselves and a security guard. Ten people were also wounded in the attack, including security guards and guests.

"The operation is over," al-Naas said but added that the streets around Corinthia remained closed. He said an investigation was underway.

THE ASSOCIATED PRESS

Greece

Death toll of F-16 training accident rises to 11

The death toll from the crash of a Greek F-16 fighter jet during an elite NATO pilot training program rose to 11 Tuesday after a French airman who suffered serious burns died, Spain's Defence Ministry said.

THE ASSOCIATED PRESS

Somalia

Key leader leaves country's Islamic extremist group

A leader of Somalia's Islamic extremist group al-Shabab with a \$3 million bounty on his head announced Tuesday he has quit the insurgency and renounced violence perpetrated by the al-Qaida-linked group.

THE ASSOCIATED PRESS



Massachusetts, Long Island hit hard by nor'easter blizzard

Charlie Glover leaves a two foot tall path as he uses a snow blower to dig himself out of the snow on Tuesday in New Bedford, Mass. The not-so-great blizzard of 2015 did wallop the Northeast — Long Island and Massachusetts got hammered — but snowfall in the media capital of New York City was about 0.3 metres. New Jersey and Philadelphia also were spared. Meteorologists say the nor'easter stayed about 120 to 160 kilometres east of its predicted track, which meant the western edge — New York and New Jersey — got 10 inches less than was originally forecast.

PETER PEREIRA/STANDARD TIMES/THE ASSOCIATED PRESS

Hundreds of Auschwitz survivors mark 70 years

Holocaust. Jewish, world leaders and 300 former prisoners gathered at infamous concentration camp to commemorate their liberation

A Jewish leader stood before 300 survivors of a notorious Nazi death camp on Tuesday and asked world leaders to prevent another Auschwitz, warning of a rise of anti-Semitism that has made Jews fearful of walking the streets, and is causing many to flee Europe.

Ronald Lauder, the president of the World Jewish Congress, made his bleak assessment on the 70th anniversary of the liberation

of Auschwitz, speaking next to the gate and the railroad tracks that marked the last journey for more than a million people murdered at Auschwitz-Birkenau.

He said his speech was shaped by the recent terrorist attacks in France that targeted Jews and newspaper satirists.

"For a time, we thought that the hatred of Jews had finally been eradicated. But slowly the demonization of Jews started to come back," Lauder said.

Europe witnessed a spasm of anti-Semitism last summer during the war in Gaza, with protests in Paris turning violent along with other hostilities across the continent.

One Holocaust survivor, Roman Kent, became emotional as he issued a plea to world leaders to remember

Quoted

"We do not want our past to be our children's future."

Roman Kent, Holocaust survivor

the atrocities and fight for tolerance.

"We do not want our past to be our children's future," the 85-year-old said to applause, fighting back tears as he repeated those words a second time.

The commemorations in Poland, which was under Nazi occupation during the Second World War, were also marked by a melancholic awareness that it may be the last major anniversary that a significant number of survivors will be strong enough to attend.

"The survivors are completely gutted that in their lifetime they went through what they went through and that now they are at the end of their life and they don't know what kind of world they are leaving for their grandchildren," said Stephen Smith, executive director of the USC Shoah Foundation.

"That is very disappointing for them. We have let them down."

Among those in attendance were French President Francois Hollande and Ukrainian President Petro Poroshenko. The German and Austrian presidents also attended, however Russian President Vladimir Putin was absent, despite the Soviet Red Army having fought and died to liberate the camp.

THE ASSOCIATED PRESS

'There is so much we can learn'

A man in a blue turban stood among thousands in toques, fur hats and yarmulkes in Poland Tuesday to mark the 70th anniversary of the liberation of the Auschwitz.

Tim Uppal was there as the head of the official Canadian delegation for the commemoration ceremony, a role in keeping with his post as Canada's minister of state for multiculturalism.



Conservative MP Tim Uppal
THE CANADIAN PRESS

But Uppal has championed the importance of Holocaust remembrance for much longer, an unusual role for a Sikh member of Parliament from an Edmonton-area riding with only a few hundred Jews.

"There is so much we can learn from what happened here," he said over the phone from Krakow, Poland ahead of his visit to the camp where roughly 1.1 million were killed.

"And you can take those lessons and apply it to the present."

With construction set to begin on the national Holocaust monument this year, Uppal hopes to one day tell the story of what happened during the Holocaust to his children.

"It's so important that we pass on this history to future generations," he said.

THE CANADIAN PRESS

Obama meets new Saudi king, saves face on human rights

Riyadh. In brief visit to Arab ally, U.S. president pays his respects to late King Abdullah

President Barack Obama defended the U.S. government's willingness to co-operate closely with Saudi Arabia on national security despite deep concerns over human rights abuses, as he joined an array of current and former American statesmen Tuesday in paying respects following the death of King Abdullah.

Saudi Arabia's status as one of Washington's most important Arab allies has at times

Quoted

"Sometimes we need to balance our need to speak to them about human rights."

U.S. President Barack Obama



Obama's short visit to king Salman bin Abdul-Aziz Al Saud covered regional security issues. CAROLYN KASTER/THE ASSOCIATED PRESS

appeared to trump U.S. concerns about the terrorist funding that flows from the kingdom and about human rights abuses. But in his meeting with Saudi Arabia's new king, Obama brought up human rights only in broad terms, without citing specific cases, a senior Obama administration official said.

Obama, in a CNN interview

in advance of his arrival, said he has found it most effective to apply steady pressure over human rights "even as we are getting business done that needs to get done."

During his brief stop in Riyadh, Obama held his first formal meeting with King Salman bin Abdul-Aziz Al Saud, newly installed on the throne following the death of the

90-year-old Abdullah on Friday. The roughly hour-long meeting focused on a bevy of Mideast security issues — sectarian divisions in Iraq, the U.S.-led campaign against ISIL, the precarious situation in Yemen and support for Syrian opposition fighting President Bashar Assad, said the U.S. official who briefed reporters travelling with Obama. **THE ASSOCIATED PRESS**

Vanderbilt. Ex-football players convicted of rape

A jury convicted two ex-Vanderbilt football players on Tuesday of raping a former student, rejecting claims that they were too drunk to know what they were doing and that a college culture of binge drinking and promiscuous sex should be blamed for the attack.

The jury deliberated for three hours before announcing that Brandon Vandenburg and Cory Batey were guilty of aggravated rape and aggravated sexual battery.

Batey was stoic, staring ahead. Vandenburg shook his head "no," apparently stunned. His father had an outburst and abruptly left the courtroom.

The victim, 21 at the time of the June 2013 attack, cried as each guilty verdict was announced. The men face decades in prison when they are sentenced March 6.

The jury heard two weeks of dramatic testimony from a parade of witnesses, including police, former and current students of the prestigious private university in Nashville and the woman, who said she didn't remember what happened that night, only that she woke up in a strange dorm room. They also

saw cellphone images from the night of the attack that Vandenburg sent to his friends as it was happening.

The victim said in a statement she was hopeful the publicity from the case would lead to a discussion of how to end sexual violence on college campuses.

"Finally, I want to remind other victims of sexual violence: you are not alone. You are not to blame," she said.

Testimony showed Vandenburg passed out condoms to the other players, slapped her buttocks and said he couldn't have sex with the woman because he was high on cocaine.

Batey raped the woman and urinated on her, prosecutors said. His attorneys argued the images didn't show that.

During closing arguments, Deputy District Attorney Tom Thurman told jurors that the college culture argument was a "red herring" and that the athletes thought the law didn't apply to them.

"That's the culture that you really saw here," Thurman said. "Their mindset that they can get away with anything."

THE ASSOCIATED PRESS

South Carolina

Black men to get their records clean after 54 years

Nine black men arrested for integrating a whites-only lunch counter in the state of South Carolina 54 years ago may be heroes in the

historic record, but in the record of the law they are still convicted trespassers.

That criminal record will soon be erased.

On Wednesday, a prosecutor is expected to ask a judge to vacate the arrests and convictions of the men known as the Friendship Nine.

THE ASSOCIATED PRESS

Iraq

Shots at passenger plane suspend flights to Baghdad

Several airlines suspended flights to Baghdad on Tuesday after a passenger plane arriving from the Mideast's busiest airport in Dubai came

under fire as it landed in the Iraqi capital.

A prolonged suspension of flights could seriously limit travel options for Iraqi travellers and overseas businesspeople, diplomats and aid workers who rely on foreign carriers to deliver them to larger international transit hubs, particularly in the oil-rich Gulf. **THE ASSOCIATED PRESS**

Syria

Israel responds to rockets fired at Golan Heights

At least two rockets launched from Syria struck the Israeli-controlled Golan Heights on Tuesday and Israel responded with artillery fire, the mil-

itary said.

The exchange came after an airstrike last week in Syria attributed to Israel killed six members of the Lebanese militant group Hezbollah and an Iranian general. Israel has braced for a response to that strike, beefing up its air defences and increasing surveillance along its northern frontier. **THE ASSOCIATED PRESS**

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Hollande calls on ISPs to act on anti-Semitism

French President François Hollande called on Internet service providers to take action against the spread of anti-Semitism online.

During a visit to France's Holocaust Memorial on Tuesday, Hollande said Internet service providers cannot ignore anti-Semitic and Holocaust-denial theories that are disseminated on social networks. Otherwise, he says, "they will be regarded as accomplices."

Hollande also called European and international leaders to define new regulations with penalties for Internet service providers that do not comply.

Concerns about anti-

Semitism have risen after a kosher supermarket was targeted in the country's deadliest attacks in decades. Four Jewish people were among the 17 people killed by the three gunmen, who also died.

Hollande expressed his "anger" and "bitterness" during a ceremony in the presence of five survivors of the Nazi concentration camps.

Synagogues, Jewish businesses, schools and cultural centres will be protected as long as necessary, he promised. France has deployed 10,000 troops to protect sensitive sites, nearly half of them to guard Jewish

Quoted

"How in 2015 can we accept that we need armed soldiers to protect the Jewish people of France?"

French President François Hollande

schools.

A report released Tuesday by a Jewish organization said the number of anti-Semitic acts doubled last year in France. They increased to 851, up from 423 in 2013, according to the Jewish Community Security Service.

THE ASSOCIATED PRESS

Jobs

Tim Hortons to lay off staff at HQ

Tim Hortons is refusing to say how many employees will lose their jobs at its headquarters and regional offices in a reorganization of its operations announced Tuesday.

A spokeswoman said Tuesday it's "still in the process" of notifying staff members who will be affected by widespread changes to its Oakville, Ont., offices and regional offices across the country.

While the company plans to keep its headquarters in Oakville, staff outside its restaurants were not protected under a promise by Burger King to maintain jobs at Tim Hortons franchises across Canada for five years.

THE CANADIAN PRESS

Loans and mortgages

Big banks finally cut prime rate

Canada's big banks have started passing on some — but not all — of the Bank of Canada's rate cut, lowering the interest charged to borrowers with loans and mortgages tied to the prime rate.

Royal Bank was the first to cut its prime rate when it announced it would go down to 2.85 per cent from three per cent, effective Wednesday. The move was quickly matched by the rest of the Big Five: Bank of Montreal, TD Bank, CIBC and Bank of Nova Scotia.

The Bank of Canada last week cut its overnight lending rate to 0.75 per cent from one per cent — but the big banks didn't immediately match the cut in their prime rates.

THE CANADIAN PRESS

Market Minute

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80.62¢ (+0.39¢)

TSX
14,833.88 (+36.05)

OIL
\$46.23 US (+\$1.08)

GOLD
\$1,291.70 US (+\$12.30)

Natural gas: \$2.981 (+10.0¢)
Dow Jones: 17,387.21 (-291.49)

Facebook, Instagram dismiss cyberattack

Lizard Squad. Group of hackers had claimed responsibility on Twitter for outages

Facebook said the outage that made its social media sites inaccessible worldwide for about an hour Tuesday was self-inflicted.

Users of PCs and Facebook's mobile app reported they lost access in Asia, Canada, the United States, Australia and the U.K. Facebook-owned Instagram was also inaccessible.

Facebook said the disruption was caused by a technical change and wasn't a cyber-attack: "This was not the result of a third party attack but instead occurred after we introduced a change that affected our configuration systems," it said in a statement.

The temporary loss of service may be Facebook's biggest outage since Sept. 24, 2010, when it was down for about



Instagram and Facebook users in Canada, Asia, the U.S., Australia and the U.K. were affected when the social media websites stopped working for about an hour Monday. THE ASSOCIATED PRESS FILE

2.5 hours.

Guillermo Lafuente, security consultant at MWR InfoSecurity, said a technical fault was more plausible. A denial-of-service attack would have made the sites unreachable rather than accessible with an error message displayed, he said. Facebook's use of mul-

multiple data centres also meant an attack on one would have affected one region, while this outage was worldwide.

Also, restoring service would be a matter of reversing the technical changes, which matched with the brevity of the outage, LaFuente said.

THE ASSOCIATED PRESS

Middle class. Up to \$120K qualifies, feds suggest

Distribution of relief

Average relief for families that earn:

- Less than \$60,000 — \$970
- \$60,000 to \$120,000 — \$1,219.
- \$120,000 to \$180,000 — \$1,183
- More than \$180,000 — \$1,452

Finance Minister Joe Oliver insists low- and middle-income families will see two-thirds of the benefits from the Harper government's contentious multibillion-dollar tableau of family-friendly measures.

By that measure, Oliver is suggesting families with annual incomes as high as \$120,000 qualify as middle class.

The Finance Department's own internal breakdown of the distribution of relief from the family package shows 68 per cent of the benefits — about two-thirds — will go to families that earn as much as \$120,000 in 2015.

The Canadian Press obtained the figures under the Access to Information Act.

The government's figures show that 25 per cent of the relief will go to families that earn under \$30,000 in 2015; 11 per cent to those earning between \$30,000 and \$60,000; 15 per cent between \$60,000 and \$90,000; and 17 per cent between \$90,000 and \$120,000.

Together, these categories

represent 68 per cent of the relief. The remaining 32-per cent share will benefit families that bring in more than \$120,000 this year.

Overall, the government documents say 4.07 million families will benefit from the measures in 2015 by an average of \$1,140 each.

The entire package is expected to reduce government revenues by \$4.62 billion in 2015, and \$26.7 billion between 2014-15 and 2019-20.

THE CANADIAN PRESS

New app. Talking to strangers to get easier

Awkward silence is the hallmark of Toronto transit.

But if the founders of a new iPhone app have their way, that'll soon change.

ShoutzApp envisions a world where anonymous, location-based conversations let strangers connect.

Like Snapchat, the conversations delete after a set time period. But like Twitter, everyone tuned in — and within range — can see the messages.

"If I have something I'm selling, I can say, 'I have an iPhone for sale,'" says co-founder Shehryar Qureshy, 32, who has a day job as an engineer. "It could be classified, missed connections, it could be if you're driving and you're in traffic; you can open a bubble one kilometre ahead and say, 'Hey, what's the traffic here for?'"

Users of the app are able to set up a message bubble for a specific time period within a specific radius. Anyone else using the app and in that location will see the message thread.

Qureshy says he's seen a lot of use at Union Station and on GO trains. One person, for example, used the app to warn others on the train that

ShoutzApp

- ShoutzApp launched in December and has had a few hundred downloads so far — all users who have helped Qureshy and his 22-year-old brother and co-founder, Mohammad Ali, work through the bugs.
- The brothers plan to launch an Android version soon and will be targeting universities and Toronto's Union Station in their first marketing push.

the fare enforcer was coming.

Qureshy himself has been riding GO Transit for more than a decade and said he got the idea after seeing the same people sit in the same seats and get off at the same stations, but he never talked to them.

"Especially on the GO train you have a captive audience," he said, adding the app could be used "at the university, or at the bar. You know how difficult it can be to approach people."

ROSEMARY WESTWOOD/METRO

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VOICES

IN DEFENCE OF WINNIPEG



Or, how I learned to stop worrying and 'splain my city in the face of racism accusations



ELISHA
DACEY

readers@metronews.ca

I'm getting bloody tired of defending my city.

"Why do you live there?" From the snobbish comments about mosquitoes (yes, they can be bad) to the jokes about Winterpeg (yes, winter can be bad), it gets tiresome. Especially when the bulk of the snobbery comes from Canada's wannabe capital.

I think Winnipeg Free Press policy reporter Mary Agnes Welch said it best when she tweeted, "Is it just my Western Canadian chip, or are others cranky with pubs like @globeand-mail & @MacleansMag Toronto-splaining our problems to us?"

I share your chip, Mary Agnes. The latest "Toronto-splain" comes from Maclean's, which branded Winnipeg as having the country's worst racism problem.

Speaking of problems, there are several with the article. For example, the statistics used are for the entire Prairies, not for Winnipeg. The example of Tina Sinclair as a racially motivated murder is flawed, as we don't know who killed her or why. Aboriginal teen Rinelle Harper was sexually assaulted, beaten and thrown into the river by two aboriginal men—that's



Winnipeg Mayor Brian Bowman responds to the Maclean's article on Thursday. Metro's Elisha Dacey argues that Winnipeg was working on its problem with racism long before Maclean's and its "Toronto-splaining" supposedly started the conversation. SHANE GIBSON/METRO IN WINNIPEG

not racist, that's simply horrific.

But the most frustrating thing for me is that the writer, former Winnipegger Nancy Macdonald, came "back" after the article to meet with local groups. She told the CBC that she was there in hopes of witnessing

change and the start of the conversation. News flash, Nancy: We've been talking about it for years. We've been changing for years.

Winnipeg Mayor Brian Bowman reacted to the article by agreeing we have a problem, because we already

know this. It's systemic. Anyone who followed the story of Brian Sinclair, an aboriginal man who died from a treatable bladder infection in a Winnipeg emergency room because nurses figured he was a drunk sleeping it off, knows it's a problem.

But we're not afraid of challenges, and we've already started. The city established a Citizen Equity Committee in 2001 with a mandate to advise council on how to integrate and respect all cultures. Meet Me At The Bell Tower is a local group founded a few years ago by a young aboriginal activist living in the city's most depressed neighbourhood as a rallying cry for all Winnipeggers to lift themselves up. There are numerous other examples.

But change like this takes time. It takes generations.

I've lived in other cities. They're racist, too. And they're full of crumbling infrastructure and crooked politicians and bad weather and bugs that bite.

So why do I live here? We embrace winter. We put on bug spray and dance in the city parks. Our music scene is arguably the best in the country. Culturally, you will not find a stronger city. At festivals such as Fringe and Folkklarama and Festival du Voyageur, we celebrate our differences. We ignored the naysayers and built the stunning Canadian Museum for Human Rights.

And we've admitted we have a racism problem. Have you?

Elisha Dacey is the Managing Editor of Metro Winnipeg and loves her city. Find her on twitter @elishadacey.

Bell's Let's Talk Day

Damn shame: Overcoming stigma in mental illness



STEPHANIE
ORFORD

readers@metronews.ca

The view count on Brene Brown's TED Talk about shame clocks in at more than 4.5 million. Though we're loath to admit it, shame is a hot topic.

It's a major reason people don't seek help with anxiety, depression and other mental-health issues. With today's Let's Talk Day, a campaign by Bell to raise awareness of and reduce the stigma around mental illness, and raise funds for Canadian mental-health initiatives, shame needs to be part of the discussion more than ever.

Sound familiar? "It's normal to have this level of stress. I'm just not very good at dealing with it."

"I can't say anything now. Too

many people are depending on me."

"There are people who are so much worse off than I am, so I have no right to complain."

If you've felt any of these, you're not alone.

Work-related stress, for instance, is ubiquitous. Nearly a third of Canadians experience high levels of stress in the workplace, according to a report released by the Mental Health Commission of Canada last

Talking point:

**2 OUT OF 3 PEOPLE
DON'T SEEK HELP
BECAUSE OF FEAR
OF JUDGMENT AND
REJECTION**

CANADIAN MEDICAL JOURNAL

Talking point:

**20% OF CANADIANS
WILL EXPERIENCE
SOME FORM OF
MENTAL ILLNESS
AT ONE POINT IN
THEIR LIVES**

CANADIAN HEALTH RESEARCH

week. A common thread in the report, which outlined 13 key indicators of mental illness in Canada, was that they affect us all. The report identified surprisingly high numbers of people who experienced mental-health issues in everyday situations.

Mental wellness in schools was another major concern. The report found that a shocking 20 per cent of

post-secondary students may have engaged in self-harm, a warning sign that colleges and universities need to pay keen attention to their students' mental well-being, and provide more methods of support. Encouraging in-class discussions about coping with stress would be a good start. The ideals of perfection in school, work and relationships are rampant and poisonous. Magazines publish unrealistic profiles of successful people and give advice on

Talking point:

**3 MILLION
CANADIANS HAVE
DEPRESSION RIGHT NOW**

CANADIAN MENTAL HEALTH
ASSOCIATION

**LET'S TALK: SHARE YOUR
MENTAL-HEALTH STORY**
readers@metronews.ca

how you can hold the perfect dinner party, get perfect abs, be a super-human. If these are the standards we internalize, it's no wonder we feel shame when our lives and feelings don't measure up.

Acknowledging and accepting that yes, life is complicated, is critical to overcoming the shame barrier in mental illness. The government, media, schools, employers and individuals need to acknowledge that negative feelings exist, and we need to talk about them.

Reality is messy. And that's OK.

Stephanie Orford is a writer based in Vancouver.



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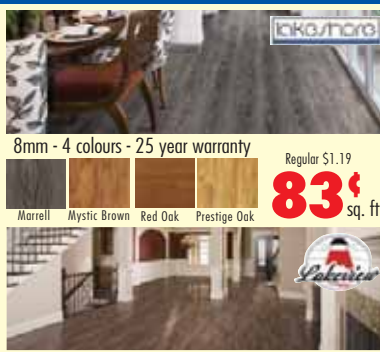
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24w x 44h \$179 (#24445H)	30w x 48h \$199 (#30485H)	36w x 44h \$229 (#36445H)	40w x 56h \$269E (#40565H)
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28w x 36h \$179 (#28365H)	30w x 56h \$229E (#30565H)	36w x 55h \$249E (#36555H)	44w x 48h \$269E (#44485H)
28w x 44h \$199 (#28445H)	32w x 36h \$189 (#32365H)	36w x 60h \$269E (#36605H)	44w x 56h \$289E (#44565H)
28w x 48h \$199 (#28485H)	32w x 44h \$209 (#32445H)	38w x 36h \$209 (#38365H)	44w x 60h \$299E (#44605H)
28w x 56h \$219 (#28565H)	32w x 48h \$219 (#32485H)	38w x 48h \$239E (#38485H)	
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Gossip

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METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Taylor Swift ALL PHOTOS GETTY IMAGES

Taylor used to write about exes, now she writes about convicts

Who doesn't love a good bizarre lawsuit? Jose Hilario, who is currently serving a 10-year prison sentence for child pornography, is suing Taylor Swift for \$100 million US on the claim that she used his life story for lyrics on her hugely successful album 1989. In the handwritten — yes, handwritten — filing obtained by Radar Online, Hilario claims that he and Swift began an email correspondence in 2008 shortly after she turned 18 and started connecting via

Skype because Swift “was lonely and sad and that she needed someone to chat with.” After two months of virtual friendship, Hilario says they met up at a Rhode Island mall on April 13, 2008. “They hugged and kissed each other,” the suit claims, adding that Swift promised “she would help him with his legal problems and that she would write and sing songs about him.” The problem, he claims, is that Swift only did half of that, as he apparently discovered upon

listening to 1989.

“I know for a fact that the defendant have a good heart and that she will come back to her senses and not forget her promise that she made to me,” Hilario’s suit states, mysteriously switching from third to first person. It may seem odd, though, that a friend looking for legal assistance would also demand \$100 million, but there you go. Oh, and Hilario is also asking Swift to introduce him to Miley Cyrus. Because of course.



Benedict Cumberbatch

Benedict admits he's ‘an idiot’ for using outdated racial term

Benedict Cumberbatch, star of Sherlock and the Internet’s official boyfriend, is very, very sorry for an uncharacteristic misstep. While discussing the differing difficulties black actors face in the U.K. versus the U.S., Cumberbatch used an unfortunately outdated phrase: “I think as far as

coloured actors go, it gets really different in the U.K., and a lot of my friends have had more opportunities (in the U.S.) than in the U.K.,” he told Tavis Smiley during a visit to his PBS show. And now he’s very, very sorry. “I’m devastated to have caused offence by using this outmoded terminology,” Cumberbatch says in a statement. “I offer my sincere apologies. I make no excuse for my being an idiot and know the damage is done.”

Police still investigating Emile’s Sundance dust-up

Things apparently got more than a little heated between actor Emile Hirsch and an unidentified female Paramount Pictures executive at a Sundance after-party. The altercation reportedly took place early Monday morning at Tao’s pop-up club at the film festival. “Something happened between the movie exec and Emile, and she said she had been assaulted and asked security to call the police,” a source tells Page Six. “Emile didn’t leave the scene, and calmly waited for the police to arrive, and spoke with them until around 5 a.m., after which he went home with his



Emile Hirsch

friends. No arrests were made.” That could change, though, as Salt Lake City police are said to still be investigating the matter.



Tom Cruise and Nicole Kidman

Scientology doc is already causing trouble

We all knew Alex Gibney’s new Scientology documentary, Going Clear, was going to be controversial. But even still, some of the details coming out are pretty astounding. For instance, when Nicole Kidman and Tom Cruise initially separated,

Cruise reportedly wanted Church operatives to bug her cellphone due to fears that she would divulge secrets about the organization. And about that breakup? It was apparently “facilitated” by former church official Marty Rathbun. How helpful!

Gary takes aim at the American Sniper fracas

Gary Sinise is very angry at former Vermont Governor Howard Dean. Well, not so much angry, as that’s sort of his point. But miffed. Let’s go with miffed. Dean weighed in on the ongoing controversy over the polarizing blockbuster American Sniper, telling Bill Maher, “There’s a lot of anger in this country, and the people who go see this movie are people who are very angry ... I bet if you looked at a cross-section of the Tea Party and the people who go to see this movie, there’s a lot of inter-

section.” So Sinise, a noted veterans advocate, decided to strike back, tweeting: “I saw American Sniper and I would not consider myself to be an angry person. You certainly have a right to make stupid blanket statements, suggesting that all people who see this film are angry, but how is that helpful, sir?” Come on, guys. This won’t be any fun if you’re going to be so darned polite.



Gary Sinise

Twirlgate, mani-cams and dumb questions

Backlash. Women are using social media to voice concerns about how female celebrities, athletes and politicians are treated by reporters

Eugenie Bouchard. Hillary Clinton. Julianne Moore.

What do they have in common? For one, they're all notable women in their respective realms. Many say they've also been on the receiving end of gendered treatment from the media, fielding questions about their outfits instead of their accomplishments, for example. But if online pushback is any indication, women are getting fed up ... and making their voices heard.

Bouchard, the Canadian tennis star, was a hot topic on social media last week after twirling at the request of a male interviewer during the Australian Open.

As for Clinton, the ongoing will-she-or-won't-she debate over her potential 2016 presidential run led has led to speculation about how her daughter's pregnancy would affect



Canada's Eugenie Bouchard gestures during her women's singles match against Maria Sharapova at the 2015 Australian Open tennis tournament in Melbourne on Tuesday. Bouchard was a hot topic on social media last week after a male interviewer asked her to twirl around. PAUL CROCK/AFP/GETTY IMAGES

her decision.

And at Sunday's Screen Actors Guild awards in Los Angeles, Moore and fellow celebs Jennifer Aniston, Reese Witherspoon and Tatiana Maslany, the Canadian star of Orphan Black, all rejected E!'s contro-

versial mani-cam. (For those who don't know, it's exactly what it sounds like: a camera devoted to offering a close-up look at the manicures of female celebrities.)

"I got a text from my son saying, 'Yeah, blow off the

mani-cam,'" Moore told reporters after the event. The gimmick was in the spotlight at last year's SAG awards too, when Cate Blanchett snubbed E!'s request, asking, "Do you do that to the guys?"

After Sunday's round of re-

buffs, Twitter was filled with support for the actresses who opted out. "Tatiana Maslany is a role model because even amongst peer pressure, she turned down the Mani-Cam," tweeted MTV staffer Lauren Pokedoff.

"Will all these celebs refusing to do mani-cam finally get E! to stop trying to make it happen?" wondered Vlada Gelman, an editor at TVLine.com.

"There they are — red carpet, lights glaring — and they almost did (the mani-cam) and then they said no. I thought, 'Good for you ... for standing up and defining your limits for what is acceptable,'" says Elissa Freeman, a pop culture expert and communications strategist.

But she says it will take more women making a stand — and men, too — to fully change the conversation and shift public consciousness.

"Until people say, 'Smarten up,' then you're not going to get any change, and they're still going to get the mani-cam at the next award show," Freeman says.

As for Bouchard, an incident being called Twirlgate has met with derision from several women in the global sporting community.

"Can you give us a twirl and tell us about your outfit?" Bouchard was asked on camera. She obliged, burying her face in her hands.

"This is truly sexist," tweeted Billie Jean King, an American former tennis champion.

"It was an insult to women's sport," echoed England women's football captain Kelly Smith in an interview with the Mirror.

Women have also objected to speculation about whether Clinton can be both a grandmother and a president.

"Is it fair to pit grandmotherly desires against political ambition?" questioned ABC News writer Liz Kreutz. "Would anyone ever ask the same questions about a male politician? Is this speculation, in essence, sexist?"

It's absolutely sexist, says Freeman. But she says women are increasingly taking a stand against this kind of gendered treatment from the media.

"Women's voices are starting to be heard and it seems they're using social media as a platform to do that, because they're not necessarily being asked by the press about these things," Freeman says.

TORSTAR NEWS SERVICE

Magic!'s reggae nabs five Juno nominations



Magic! CONTRIBUTED

Magic! is the leading nominee heading into this year's Juno Awards.

The Toronto group's reggae-infused single Rude is up for single of the year, while they're also nominated in the Juno Fan Choice, breakthrough group, top songwriter, and pop album of the year categories.

Leonard Cohen and Calgary's Kiesza have four nominations apiece.

Rockers The Arkells will perform at the awards show, which is being staged in their hometown of Hamilton, along with Magic!, Kiesza, Hedley and Shawn Mendes.

Neither Magic! nor Kiesza had ever been up for a Juno before hot-stepping into a collective nine nominations this year.

The show will air live on CTV on March 15.

THE CANADIAN PRESS

Notable

For the first time since 2009, bouncy-banged heartthrob-turned-tattoo-canvas Justin Bieber failed to land a single Juno nomination.

Among the nominees from Nova Scotia are:

- Chelsea Amber for contemporary christian/gospel album
- Ryan Hemsworth for electronic album
- Jenn Grant for songwriter and adult alternative album
- JRDN for R&B/soul recording



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Phoenix rising for golf fans

Sports travel.

Phoenix-Scottsdale is the place to be this weekend with a rowdy PGA event and the Super Bowl



BRIAN KENDALL
canadiangolftraveller.com

For four eagerly anticipated days starting tomorrow, the twin cities of Phoenix-Scottsdale will be the focus of the sports universe.

First up is the Waste Management Phoenix Open, which annually draws the loudest, rowdiest and largest crowds on the PGA Tour. And overlapping the tourney's final round on Sunday is Super Bowl XLIX at University of Phoenix Stadium. The NFL showdown will be viewed by an estimated 112 million fans worldwide.

With more than 100,000 out-of-town visitors expected for both events, this year's Phoenix Open at the newly remodelled TPC Scottsdale Stadium Course is almost certain to shatter last year's record attendance of 590,000.

Billed as the Greatest Show on Grass, the tournament is a sports marketer's fantasy come to life.

Even non-golfers feel obliged to make the scene. Young women in stiletto heels and skin-tight dresses stream through the gates to flirt with shirtless, face-painted and inebriated young men. In the evening, the party refuels at the Coors Light Birds Nest, a temporary nightclub



The par-three 16th hole at the Waste Management Phoenix Open is surrounded by rowdy fans. CONTRIBUTED



The TPC Scottsdale Stadium Course expects to welcome more than 590,000 visitors during the Phoenix Open. CONTRIBUTED

under a giant tent.

Wildest of all are the crowds that overflow the grandstand surrounding the par-three 16th hole. Players are variously greeted by cheers, boos and name-calling as they enter the stadium. Those who make poor tee shots are berated mercilessly

as they take their walk of shame to the green.

Easily forgotten in the hoopla is the Stadium Course's prominence among the groundbreaking desert courses that have made Phoenix-Scottsdale one of the world's top golf destinations. Designed by Tom Weiskopf

and Jay Morrish, the course brilliantly blends large patches of natural desert with just 28 acres of green fairways.

Beginning in the 1980s, local water restrictions forced Weiskopf, Morrish and other architects to limit their use of turf fairways and instead embrace the natural drama of the Sonoran Desert. Tee boxes were isolated in seas of sagebrush, cacti and sand. Giant saguaros were used to frame landing areas edged by dusty gullies known as arroyos.

And in their most radical innovation, architects frequently made golfers fly their approach shots to greens protected by large and gnarly waste areas.

Today, more than 200 of Arizona's 300 courses are found in the Phoenix-Scottsdale area. Other top clubs include Grayhawk Golf Club, We-Ko-Pa Golf Club, Troon North Golf Club, The Boul-

ders Golf Club, ASU Karsten Golf Course, Wildfire Golf Club, Raven Golf Club, Dove Valley Ranch Golf Club, Eagle Mountain Golf Club, and McDowell Mountain Golf Club.

But more than any other, the Stadium Course has spread the gospel of desert design around the golf world. This year's tournament will showcase an eight-month, \$12-million facelift of the course by Weiskopf.

Greens were relocated on several holes, bunkers reshaped and more than 250 trees planted.

Adding to the growing excitement was the recent announcement by Tiger Woods that he will play in the Phoenix Open for the first time since 2001. Ticket sales exploded following his entry.

It's going to be a crazy four days.

Where to stay:

- **Fairmont Scottsdale Princess.** Located next door to the TPC Scottsdale Stadium Course, this popular luxury hotel is home base for many of the visiting PGA Tour pros.
- **Westin Kierland Resort & Spa.** This tastefully decorated hotel in North Scottsdale features 27 holes of golf just steps from the lobby doors.
- **Four Seasons Resort Scottsdale at Troon North.** Nestled in the foothills of Scottsdale's Pinnacle Peak, this luxury resort offers easy access to nearby Troon North Golf Club.



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Celebrate the Lunar New Year in New York



The parade in Manhattan's Chinatown kicks off at 1 p.m. on Feb. 22 at Canal and Mott streets. ISTOCK

Events. Asian enclaves across the boroughs offer their own twist on traditional celebrations

Chinatown has long been a popular destination for tourists in Lower Manhattan. But visitors willing to explore the city's outer boroughs might consider a subway ride to neighbourhoods in Sunset Park, Brooklyn, or Flushing, Queens, which are also home to large Asian populations. All three neighbourhoods also host events connected to Lunar New Year. The holiday is marked on Feb. 19 but several parades and festivities are planned for the weekend of Feb. 21-22.

Sunset Park

Sunset Park isn't as well-known as the Chinatowns in Manhattan and Queens, but it's one of the city's fastest-growing immigrant neighbourhoods. There's an Asian enclave here — predominantly Chinese, with a

concentration of Fujianese and Cantonese residents — as well as a large Spanish-speaking population. Brooklyn's Eighth Avenue is home to many Asian restaurants, markets and shops, roughly between 40th and 60th streets.

On Feb. 21, a public school, P.S. 310, at 6214 Fourth Ave., in Brooklyn, is hosting a day of free festivities in honour of the new year. It runs from 11 a.m.-2:30 p.m., and includes martial arts and lion dance performances, games and vendors.

Flushing

Take the 7 train to the last stop in Queens, Main Street, into the heart of a busy neighbourhood. The Golden Mall is home to the flagship location for Xi'an Famous Foods, in the basement of 41-28 Main St. Xi'an is known for unique noodle dishes and now has 10 locations around the city. A Lunar New Year Bazaar takes place Feb. 14, 11 a.m.-3:30 p.m. at Flushing Town Hall, 137-35 Northern Blvd., while

Year of the what?

Each Lunar New Year has a different animal symbol from the 12 creatures in the Chinese zodiac. But this year's animal is subject to interpretation. "It can be a ram, sheep or goat — any ruminant mountain animal with horns," says Lenny Cheng, who works in the Brooklyn branch of the Chinatown Planning Council.

a parade with a lion dance will run from Union Street to Main Street and 39th Avenue, Feb. 21, expected to take place around 11 a.m.

Manhattan

This is the city's oldest and best-known Chinese neighbourhood. Its massive, colourful Lunar New Year parade and festival take place Feb. 22, kicking off at 1 p.m. at Canal and Mott streets, heading to Chatham Square, then down East Broadway, Eldridge and Grand Streets to Sara D. Roosevelt Park.

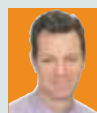
THE ASSOCIATED PRESS

Interview



Masterchef Canada judges from left: Michael Bonacini, Alvin Leung and Michael Bonacini. CONTRIBUTED

Masterchef judges on travel



ON THE MOVE
Loren Christie
life@metronews.ca

As the second season premiere of Masterchef Canada (Feb. 8 on CTV) approaches, I caught up with two of the judges, chefs Michael Bonacini and Claudio Aprile, to chat about travel experiences and food — and where to get the best of both.

Where do you find the best meals in Canada?

CA: Toronto is on the cusp of becoming one of the great culinary destinations of the world. Recently, I had an incredible meal at Navarra in Ottawa.

MB: Model Milk and Notable in Calgary I

thoroughly enjoyed. They also have a great food truck scene in Calgary. My Shanti, Vikram Vij's place, in Surrey, British Columbia was wonderful and in Montreal Antonio Park does amazing sushi.

What is your dream trip in Canada?

CA: Hop on my motorcycle and head over to the East Coast. Explore the oyster and scallop beds and really get to know the people that produce this wonderful food that is so Canadian. I am not drawn to high end glossy restaurants, I prefer the Ma and Pa culture; humble and pure.

MB: An incredibly remote fishing camp in B.C., rural and sophisticated, that serves up your catch. In other words, the best shore lunch in town. My ideal is to fly in, bush hog the last two kilometres to get there and as my father-in-law says, "bring a couple of good wines, sit down and tell some lies."

And internationally?...You can only pick one place!

CA: Burma. I lean toward the purity of Asian cuisines and the big, punchy flavours they have. Pacific Rim cooking has a lot of layers; a citrus component, a spice layer. It's bright, it's clean and it's fresh. Some of the best food I have ever had was in Thailand and it made a huge impact on the way I cook.

MB: That's tough, but I am going to say, London, England. The food scene is really exciting and vibrant. It's cutting edge and trend setting for Europe, which it never used to be. And it is not only the West End with its high rents and big name chefs that are causing a stir, but areas like Shoreditch and the Docks, where the chefs are urban guerillas, bucking the trends and doing what they love to do with the food they believe in. Their attitude is unapologetic.

I love that.

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* Offer valid for departures between Feb. 7 to Apr. 4, 2015. Classic beverage package for two applies to two guests (21 years and older) per stateroom and includes beers up to \$6 per serving; spirits and cocktails up to \$8 per serving and wine up to \$9 per serving, soda selections, fresh squeezed and bottled juices, premium coffees and teas and non-premium bottled water. Upgrades to other beverage packages are available for an additional charge plus beverage gratuities. Gratuities applies to two guests per stateroom and provides for prepaid stateroom attendant, waiter, assistant waiter and head waiter gratuities (amounts based on gratuity guidelines). 3rd and 4th guests receive gratuities and non-alcoholic beverage package which can be upgraded to an alcohol package for a fee. **3rd/4th guest pricing based on Mar. 7 sailing in an interior stateroom - other categories slightly higher. Max. total baggage allowance of 20 kilos (44 lbs.) per person. Price is in CAD, p.p. based on double occupancy for new individual bookings, subject to availability and may change at any time and is inclusive of all taxes, fees and port charges. Ports of call vary by itinerary. Prices are based on the lowest minimums available as follows and will vary by sailing: suites from \$3319 for sailing Mar. 21, verandas from \$1999 for Mar. 7 sailing, oceanview staterooms from \$1839 for sailing Mar. 7; interior staterooms from \$1499 for sailing Mar. 7. Other categories/occupancy types and sailing dates are available at varying prices. Celebrity Reflection® Eastern Caribbean Feb. 7, 14, 21, Mar. 7, 21 & Apr. 4 and Western Caribbean Feb. 28, Mar. 14 & 28. This program is not combinable with any other offers and is not available online. †Based on availability at time of printing. Space is subject to availability and change at time of booking. Please ask for details regarding terms and conditions concerning deposit, final payment and cancellation penalties. Restrictions apply. Celebrity Cruises reserves the right to correct any errors, inaccuracies or omissions and to change or update fares, fees and surcharges at any time without prior notice. © 2014 Celebrity Cruises, Inc. Ship's Registry: Malta and Ecuador. All Rights Reserved. 5882 • 01/15

Now is the time to take a tour of Selma

History. A half-century anniversary and the Oscar-nominated film have put the spotlight on this Alabama city

The 50th anniversary of the civil rights marches in Selma and the movie that tells the story are expected to bring thousands of visitors to this historic Alabama city this year.

Visitors can still walk across the bridge where voting rights marchers were beaten in 1965 and see the churches where they organized protests. "There are certain place names in American history where significant, history-making events took place, like Gettysburg, Valley Forge and Vicksburg, and I think because of this film, Selma becomes one of the place names that stands as a significant milestone in American history," Alabama tourism director Lee Sentell said.

Oprah Winfrey, other actors from Selma and hundreds more marched to the city's Edmund Pettus Bridge two weekends ago on the eve of Martin Luther King Jr. Day. But a bigger event is expected to attract more than 40,000 people — including present and former government officials — in Selma March 5-9 for the annual Bridge Crossing Jubilee, including a walk across the bridge March 8.

The event marks the 50th anniversary of the Bloody Sunday, when law enforcement used billy clubs and tear gas to rout marchers intent on walking 80 kilometres to Montgomery on March 7, 1965, to seek the right for blacks to register to vote. A new march, led by Martin Luther King Jr., began March 21, 1965, and arrived in Montgomery on March 25, with the crowd swelling to 25,000 by the time they reached the Capitol. Those events and others helped lead to passage of the 1965 Voting Rights Act, which opened Southern polling places to millions of blacks and ended all-white rule in the South.

The movie Selma won Oscar nominations for best picture and best song.

Today, the bridge and adjoining downtown business district look much as they



The Edmund Pettus Bridge in Selma is expected to host 40,000 people for the annual Bridge Crossing Jubilee from March 5-9. THE ASSOCIATED PRESS

For more information...

- National Park Service Selma to Montgomery Trail. nps.gov/semo/index.htm
- National Voting Rights Museum. nvrmi.com
- Alabama Tourism. alabama.travel
- Bridge Crossing Jubilee. bcjubilee.org

tour of an interpretative centre built by the National Park Service offers photographs of the events and emotional video interviews with people who were on both sides of the issues. Nearby is the Ancient Africa, Enslavement and Civil War Museum, where visitors can see how slaves were captured, sold and exploited, including a depiction of what it was like to be on a slave ship bound for America.

"You have to know about slavery to know why we didn't have the right to vote," said Faya Rose Toure, one of the museum's founders.

Then tourists can retrace history by walking across the Edmund Pettus Bridge to a park and the National Voting Rights Museum on the opposite side. Museum artifacts include surveillance photos taken by state police.

"Everybody has seen pictures of Dr. King leading the march. Those people behind him are what we are focusing on," historian Sam Walker said.

THE ASSOCIATED PRESS

did in 1965, except many storefronts are empty and government buildings are occupied largely by African-American officials.

Attractions related to the protests are all within walking distance of the bridge. They include the First Baptist Church, where many protests were organized, and Brown Chapel A.M.E. Church, where marchers congregated before going to the bridge and where they sought safety after being beaten.

Near the bridge, a free

The line between brave and burned out

Career. Will putting in a few extra hours add to or subtract from your official duties?

CELINE TARRANT
TalentEgg.ca

Going above and beyond is a great way to get your manager's attention, to stand out at work, and to signal that you are ready for that promotion. However, in today's busy work environments, you are probably already strapped for time. If you do take on extra responsibility, you want to make sure it's a value-add for both you and your employer.

Here's how:

Where are you now? Where are you going?

Before you try to take on more at work, you need to identify where you are now, and where you would like your next big career move to be. Then, you need to identify the skill and experience gap that exists, and how going above and beyond in your current job will help you get where you want to go. This knowledge will help you pick targeted opportunities that address the skill gap in a mean-



Before deciding to take on a little more, ask yourself if doing so will affect your ability to accomplish the tasks that need to get done. iSTOCK

ingful way, and not just add more work to your plate.

Consider this example: Your current role is very analytical, and doesn't require much interaction with others, but the job you want requires a lot of client interaction and presentations. It would be easy to volunteer to do some more reporting or analytical tasks, but it would be far more valuable to find a task that will help you develop the

necessary public speaking and communication skills. For instance, you could volunteer to present the daily sales results, ask your boss if you can present some updates at your next department meeting, or ask to start sitting in on some client meetings.

Add incremental value

When it comes to taking on side projects at work, there's

no need to re-invent the wheel. Chances are there are tons of internal processes and projects that are in dire need of improvement. You probably see tons of examples of reporting that could be streamlined and projects that have been neglected.

We all have good ideas that never see the light of day, either because we are too nervous to speak up, or

Don't overdo it

- While it's commendable that you want to take on extra responsibilities at work, you need to be reasonable about how much you can handle at one time. It's always better to do a few things really well than spread yourself thin over too many commitments.
- Before offering to take on something new, honestly evaluate your schedule and be upfront about how much time you can commit to a new project. It's useful to set a fixed number of hours that you can spend on each side project or task each week, and stick to it to prevent the scope from creeping and taking over your primary responsibilities.

too busy to bother.

Next time you have an idea, propose a plan for implementing it, present it to your boss, and ask if you can take ownership of the initiative.

In the best-case scenario, your boss will say yes, and you have a great opportunity to lead a project.

In the worst-case scenario, you've provided your boss with a resource for tackling an organizational problem that they may be able to use in the future.

Additionally, they will remember your willingness to go above and beyond, and will be more likely to come to you over others with future opportunities.

Tread lightly

Even though you might have the best intentions when trying to extend beyond your role at work, others might not always see it that way. When you think you are being helpful by taking on a new project, especially when it heavily overlaps with someone else's role, they may perceive this as you trying to "take over" their job, or outshine them.

Always be respectful of other people and make sure you're not stepping on any toes before jumping into something new. Make sure you have your manager's support before going forward with a new project, so any questions and concerns that may arise can be appropriately directed.

How to organize your workspace in four easy steps

Career. Take a moment to tidy up and make a good impression as an organized professional

RIANA TOPAN
TalentEgg.ca

No matter what size your workspace may be, it's important that you keep the area tidy.

An organized desk and office helps you to be more productive because it means you can find things quickly and easily.

It's a sign of professionalism and, more importantly, an organized employee.

Here are five top tips for making your workspace work:

Develop your own colour code

Use coloured office supplies to help you keep track of things.



An orderly workspace prevents potential embarrassment in case your boss, co-worker, or client drops by unexpectedly. iSTOCK

Try using colour-coded sticky notes for reminders or to flag items; multi-coloured inks on a calendar where you write in meetings, deadlines and vacation time; folders for keeping related documents together; and highlighters for organizing your to-do list and notes from meetings.

Having your own colour

code will help you navigate documents and organizers faster. Not only is it a huge time saver, it will show co-workers you're on top of your game.

Use the tools at your disposal

Think outside the box: a handful of office supplies can

go a long way toward keeping your desk de-cluttered.

Try wrapping up loose wires and cords with binder clips, twist ties or elastic bands.

Get a small file tray or organizer to keep papers organized and out of sight, and use a mug or jar to hold your pens, pencils and other writing instruments.

You may also want to use dividers in your desk drawers to organize loose items like paper clips, push pins, magnets, scissors and more.

Keep it clean

At least once every other week, wipe down your computer, keyboard, mouse and phone with disinfectant — you'd probably be surprised how much bacteria and dust builds up in your workspace over time.

Don't leave dirty dishes lying around, either, since that will make your desk look messy, and could attract ants or other unwanted guests.

Add a few personal touches

While it's great to keep your workspace neat and tidy with minimal clutter, it doesn't have to be completely devoid of personality. A few pictures, a piece of artwork or a crafty item like a homemade paperweight or one-of-a-kind

mouse pad can help to make the space your own. You get bonus points if you can find organizers or stationery that fits your personality as well.

Chances are you spend a lot of time at your desk, so you want to make sure you feel comfortable at it.

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Turn to pantry staples when you're in a rush

Dinner. Penne and Rapini Tuna Pasta combines common — and tasty — ingredients



DINNER EXPRESS
Emily Richards
food@metronews.ca

Pantry staples are a huge help when it comes to making dinner an effortless affair.

Be sure to stock all your favourites and then try using them in different ways.

If you are a fan of tuna sandwiches, you might want to give this simple pasta a try!

A fresh and flavourful ingredient, rapini, also known as broccoli rabe, gives this pasta dish a big hit of vegetable flavour with a kick of Italian flare.

Cooking greens like rapini ahead of time helps remove some of the bitter flavour that often associated with them. Letting it cook in the sauce helps soften it, too.

Ingredients

- 1 bunch of rapini (about 1 lb/454 g), trimmed
- 1 tbsp (15 ml) extra virgin olive oil
- 4 cloves garlic, minced
- 1/2 tsp (2 ml) hot pepper flakes
- 1 cup (250 ml) canned diced tomatoes with juices
- 2 tbsp (30 ml) basil or sun-dried tomato pesto
- 2 cans (170 g each) low sodium light flaked tuna in water, drained
- 1 box (375 g) whole wheat, gluten-free, rice or spelt penne pasta
- Freshly grated Parmesan cheese (optional)

Cooking the rapini ahead of time will also make this dish even faster. Simply cook the rapini, drain it well and remove any excess water. Let it cool and store it in container in the refrigerator for up to up days.

You can also try this make-ahead method with other greens like kale, collards and dandelion.

If there are any leftovers, be sure to make a frittata with the remains. Simply beat eggs and stir them into the pasta. Pan-fry the mixture and once the egg is set on both sides, you have yet another meal.

Directions

1. Chop rapini into 1-inch (2.5 cm) pieces and place in pot of boiling water. Cook, stirring for about 10 minutes or until tender. Drain well and press any excess water out of rapini.

2. In large deep nonstick skillet, heat oil over medium-high heat and cook rapini, garlic and hot pepper flakes for about 4 minutes or until starting to crisp. Add tomatoes, pesto and tuna and boil gently, stirring occasionally for about 10 minutes or until thickened.

3. Meanwhile, in pot of boiling water, cook pasta for about 10 minutes or until tender but firm. Drain well, reserving 1/2 cup (125 ml) of the cooking water. Add pasta to the skillet and toss with sauce, adding enough of the cooking water to moisten if necessary. Sprinkle with cheese, if using.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

TOTAL TIME
ABOUT 35 MINUTES



This recipe serves eight. EMILY RICHARDS



This recipe serves four to six people. MILKCALENDAR.CA

Easy pizza-inspired pasta

This yummy pasta is based on the classic margherita pizza, which is topped with tomato sauce, cheese and fresh basil. Often the simplest things taste the best.

1. In large pot of boiling salted water, cook pasta for about 11 minutes until al dente, or according to package directions.

2. Meanwhile, in a large pot, melt butter over medium heat. Add garlic, thyme, salt and hot pepper flakes. Cook 1 minute. Sprinkle with flour; cook, whisking for 1 minute. Gradually whisk in milk. Bring to a boil and reduce heat. Whisk for

3 to 5 minutes or until smooth and thickened. Stir in tomatoes and Parmesan.

3. Drain pasta and return to pot. Pour in sauce; toss, stirring

1 to 2 minutes over medium heat to coat pasta. Stir in Bocconcini, basil and salt to taste, if needed. Serve with grated Parmesan. **DAIRY FARMERS OF CANADA / MILKCALENDAR.CA**

Ingredients

- 12 oz (375 g) penne pasta
- 2 tbsp (30 ml) butter
- 4 cloves garlic, minced
- 1-1/2 tsp (7 ml) dried thyme
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) hot pepper flakes
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- 2 cups (500 ml) cherry tomatoes,

- cut in half
- 1/2 cup (125 ml) grated Canadian Parmesan
- 12 1-inch (2.5 cm) mini Canadian Bocconcini
- 1/2 cup (125 ml) fresh basil leaves, thinly sliced
- Canadian Parmesan for serving

CAMP GUIDE



SHUTTERSTOCK

At home with kids this March break?

YLVA
VAN BUUREN
For Metro

March break is a wonderful time to introduce children to interesting ways to learn and have fun. Judy Arnall, a certified parent educator in Calgary, and author of *Parenting with Patience*, says kids love to participate in theme days, and she suggests creating special 'days' with costumes, food, learning, and of course, fun.

Camp Day: Kids under five will love setting up camp in the living room. Use sheets over tables to make a tent. Then, put a camp lunch together and stay inside!

Pirates Day: The costumes are the most important part of this fun day. Younger kids love to dress up (white shirts, bandanas and eye patches). Make sure there's a chest of gold and jewelry, too. Use laundry hampers for boats and — ahoy!

History Day: Have school aged kids choose an historical era and organize clothing, activities, and food around that theme. For

example, for Cave Day, eat with your fingers (chicken and bread) and make cave drawings (use paper on the wall). For Greek Day, dress up in togas (sheets), eat olives, Greek salad and souvlaki, and research how people lived in early Greece.

Cooking Day: Set up a restaurant in the kitchen! Someone has to make menus, be sure there are order pads, and then make easy dishes such as instant pudding, chocolate milk, and peanut butter sandwiches. Yum!

Garden Day: Water the plants together, and set up new ones for spring in little windowsill containers. Take a trip to the garden centre and pick up seeds, containers and soils. Kids will love getting their hands dirty.

Games Day: Board games are a wonderful way to teach kids math and reading skills. Visit a toy store and find a new game to learn and play together. Arnall's kids loved Clue, Settlers of Catan, Game of Life and Monopoly. Don't forget a deck of cards — everyone knows how to play Fish and Cheat.

Fun for all ages at Maritime Museum of the Atlantic

With everything from puppet shows and do-it-yourself sailmaking classes to live mermaids, there will be something for the whole family at the Maritime Museum of the Atlantic (MMA) during March break. "We're trying to have something for everyone this year," says Lee Schuette, MMA's curator of visitor experience.

Children with a theatrical bent can get involved with Maritime Museum's hands-on puppet theatre and the A/V theatre featuring a wide range of nautical themed costumes to try on. They can even take photographs of themselves in front of a green screen backdrop.

MMA's shipbuilding trade workshops gives participants the chance to make sails, work

with wood and rope, and try a variety of wood-worker tools under the tutelage of instructors including Schuette's own 11-year-old son.

"The idea is to have kids teaching kids," he says. Young people are much more responsive when other young people are the ones showing them how to do everything."

Other March break attractions at the MMA include telegraph demonstrations provided by a local ham radio group, the opportunity to build a sustainable boat or sea monster, a family rest area packed with activities, board games and an interactive "underwater experience" featuring Raina, a live story-telling mermaid.



Kids of all ages will have a chance to meet living mermaids at the Maritime Museum of the Atlantic during March break week. CONTRIBUTED

MAKE, SEA AND DO

- Lots of drop-in activities, everyday!
- Life around and under the sea
- Stories, songs and seaweed!

Raina the Mermaid

Ocean crafts and puppets

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Get your kids in the Care & Fun program

Care & Fun Childcare's fully licensed centres deliver the highest quality child care service at their new central location at 199 Bedford Highway.

"When we started Care & Fun Childcare Centers we knew we wanted to build something special," says Care & Fun Childcare director Hoda Ibrahim. "We wanted to provide parents the peace of mind knowing their kids are in the hands of passionate professionals working with an innovative program to help children reach their full potential."

Ibrahim says the centre's team is a huge part of what makes Care & Fun so special — talented employees who are all graduates of Early Childhood Education and the best in their field. "We put a lot of effort in connecting with kids and parents. They can instantly connect with our educators and also receive updates on their child's daily adventures."

The centre also has certified cooks who create fresh, healthy, nutritious, and delicious meals every day — including special vegetarian, gluten free, or Halal meals.



CONTRIBUTED

"We believe that you should nurture each child's unique qualities, that's why we follow an Emergent curriculum designed to help children learn through their interests and encourage them to try new things every day," says Ibrahim.

Enrollment is now open for the Care & Fun's 199 Bedford Highway branch with special programs for school-aged children throughout March break.

ART GALLERY WILL COME ALIVE FOR MARCH BREAK

Art Gallery of Nova Scotia (AGNS) comes alive this March break with opportunities for young art lovers and their families.

"There are all kinds of opportunities to do wonderful things," says Dale Sheppard, AGNS curator of education and public programs.

Young artists from ages five to 12 can sign up for a variety of classes including "Adventure Into the Art World," "Clay Animal Extravaganza," "Picture This," and "Master of Puppets." The week long classes are facilitated by experienced artists and art educators. The students work in the studio but they have the whole art gallery as inspiration.

"Our camps are very high quality because of the quality of our instructors," says Sheppard. "It's a full day. Most kids come in the morning, have a class, then lunch and a second class in the afternoon."

There are plenty of opportunities for the whole family to get involved as well. Gallery tours start every day at 2 p.m. and on Thursdays at 7 p.m. "It's an interactive formal tour but our well trained volunteer guides are very responsive to what the group wants to do," says Sheppard.

Family Sunday on March 15 is one of the most popular March break offerings. AGNS



Nova Scotian artist Maud Lewis's brightly painted home is one of the most popular family attractions at Art Gallery of Nova Scotia. CONTRIBUTED

joins forces with Symphony Nova Scotia and Long & McQuade to present "Pop Goes The Easel," featuring musicians from Symphony Nova Scotia performing live and a collection of musical instruments that children can pick up and try. "It's like a petting zoo for musical instruments," says Sheppard.

"This is your art gallery," she says. "There are lots of ways to experience it."

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5 THINGS TO DO DURING MARCH BREAK



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VISIT ROSS FARM: The Ross Farm Museum in New Ross provides special hands-on, farm-related activities all week including Spring Time on the Farm, the Great Outdoors, and New Babies. Open 9:30 a.m. to 4:30 p.m. Call 902 689-2210 for more information.

HOP SKIP JUMP: Spend a few hours at the

Hop Skip Jump Indoor Play Space in Bayers Lake. This giant play space has climbing towers, a ball pool, trampolines and more. Opens at 9:30 a.m. Come early to guarantee no wait. Call 902 406-4406 for more information.

JUMP IN: The Wave Pool at Captain William Spry Community Centre is open Monday, Wednesday, and Thursday 3 p.m. – 4 p.m.; Tuesday and Friday 2 p.m. – 4 p.m. Call 902 479-1111 for more information.

BE SHERLOCK HOLMES: Check out the Sherlock Holmes and the Clocktower Mystery exhibit experience at the Discovery Centre.

The interactive murder-mystery experience lasts about one hour and is a great family outing. 902 492-4422.

IF THERE'S SNOW: Grab your sled and helmet and head to Citadel Hill, one of the top sledding hills in all of Canada. Be sure to bring a little courage too!

Add adventure to your break at climbing camp

For young people taking part in Dalplex's popular March Break Climbing Camp, the week will be filled with adventure.

"It's one of our most popular camps," says Amanda Kirby-Sheppard, manager of recreation marketing and communications with Dalplex. "Both new and experienced climbers will get a lot out of it."

Part of that value comes from the one-on-one instruction that camp participants receive. The climbing camp offers a six to one ratio of students to instructors; experienced climbing instructors who take students through the complexities of rappelling, rope climbing and bouldering. Dalplex offers one of the best climbing facilities in the region with two climbing walls: a rock wall in the field house and a rock gym in the squash court area.

"We converted one of the squash courts to a climbing gym a few years ago," says Kirby-Sheppard. "That's how popular the sport has become."

In addition to instruction and hands-on practice, all climbing camp participants can

also take part in a daily swim at the Dalplex pool.

"Rock climbing is a really cool alternative sport," says Kirby-Sheppard. "It's a great way to have fun, challenge yourself and stay in shape, but there aren't a lot of places where younger kids can try it safely."

Kirby-Sheppard says that children usually take to rock climbing much easier than adults. "It has a lot to do with their physical strength. Kids are lighter and stronger than adults so they have an easier time getting used to the moves."

It's also a great mental workout as well. As part of the learning process, instructors set up "problems" — tricky climbing situations that the young climbers must crack in order to navigate their way to the top.

The March Break Climbing Camp is just one of the opportunities offered to school students. Dalplex also operates a popular basketball skills camp during March Break. Kirby-Sheppard says planning is also underway at Dalplex for a wide range of summer camps.



CONTRIBUTED



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LAUGH. PLAY. SWIM. JUMP. SMILE.

There's an exhausting amount to do at Dalplex!

Hurry! There's still time to register for our March Break climbing or Dal Tigers basketball camps!

And mark your calendars – registration for summer camps opens on March 1!



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DALPLEX



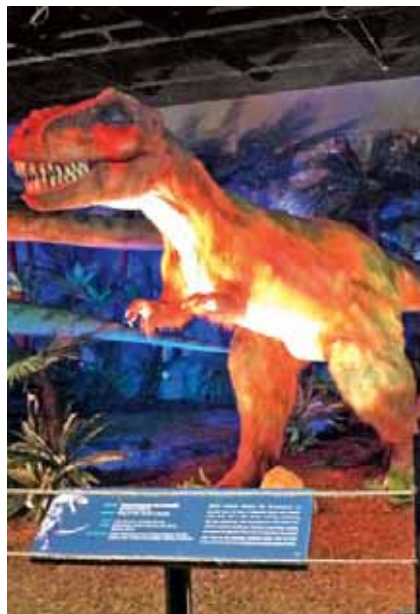
Perfect time to visit the dinosaurs

Most children are fascinated by dinosaurs, and at the Nova Scotia Museum of Natural History this March break, kids can get up close and personal with the prehistoric beasts.

Get ready for Dinosaurs Unearthed, an interactive exhibit featuring animatronic dinosaurs, fossils, a gasosaurus skeleton and a Kid's Dig Table where participants can learn about palaeontology. The exhibit will run from Jan. 30 to May 24, and it's a huge draw during March break, according to the Museum of Natural History's curator, marketing and communications Jeff Gray.

"March break is always our busiest time at the museum," says Gray. "It's a week when families really like to do things together, and visiting their local museums is high on the list. We always make sure there's something special going on."

Along with long extinct dinosaurs, the museum's March break event will feature a live, hands-on show by Little Ray's Reptile Zoo, including large snakes and other reptiles and plenty of surprises.



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"We always like to do something with living animals, something that helps kids make the connection between dinosaurs and animals that are alive today," says Gray.

The museum is also partnering with local agencies including the Bedford Institute of Oceanography to develop hands-on experiences and exhibits that families can interact with.

NEPTUNE THEATRE: NOT JUST FOR 'GLEEKs'

Would your kids enjoy singing, dancing and acting their way through the March break?

It's all happening on the stage at Neptune Theatre's March Break Camps.

"We offer a myriad of learning techniques from sketch comedy and creating musical theatre to singing, dancing and learning to act," explains Chuck Homewood, Director of Education, Neptune Theatre. "But the real emphasis in all the camps is on fun and discovery."

These are all introductory courses so everyone can participate, says Homewood. "All our campers have a wonderful time."

There are five different March Break Camps, two for ages 4-6 (Think Fairy Tales and Super Heroes) and one camp each for ages 7-9 (Wizards), 10-12 (Broadway-Bound) and 13-18 (Acting Classes). And everyone participates in a fun 20-minute performance on the final day.

The camps are held at Shambhala School in the north end and run from 9 a.m. to 4 p.m. Monday to Friday during March break with pre- and post-camp care available as well.

Visit neptunetheatre.com for more information and to register online.



On with the show! March break campers always have fun at Neptune Theatre camps.

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March Break Fun!

Register for classes with a local artist, or drop in for sketching, Pop Goes the Easel, daily tours and so much more!

Art Gallery of Nova Scotia

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MARCH BREAK CAMPS

Fairytales & Legends, Superheroes, Broadway Bound and more! Register today.

CAMPS START MARCH 16
neptunetheatre.com

Art-ternative ways to spend March break

Four art camps open at NSCAD

From March 16 to 20, NSCAD University's School of Extended Studies is offering four art camps with an 8:30 a.m. drop-off time and 5 p.m. pick-up.

For \$295 per session, participants will receive instruction, materials, lunch supervision and a T-shirt. Those enrolled will be able to take part in the ARTra-geous Exhibition at the Port Loggia Gallery at the end of the week.

Here are some highlights:

Down Under: Ages 5 to 8

Meet wild kangaroos in the Australian Outback, roam through rain forests, frolic with dolphins and help Merlin find his son, Nemo, in the Great Barrier Reef.

On a Boat: Ages 9 to 11

Build a personalized boat from wood, clay and other materials and help create a mural using pencils, paints, pastels and collage.

Alternate Realities: Ages 12 to 14

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Learn the basics of bookbinding, metalsmithing, animation, glass working and letterpress printing (no experience necessary).

For more information, visit nscad.ca/en/home/schoolofextendedstudies or call (902) 494-8185.



CONTRIBUTED



SHUTTERSTOCK

Having a break is important — but so is enough sleep

It's easy for your kids' regular schedule to fall apart during March break. In fact, many kids think of their vacation as being like one extra long weekend.

And that's OK, says Judy Arnall, a certified parent educator in Calgary, and author of *Parenting with Patience*.

"A break should be a real break," says Arnall.

Whether kids eat their breakfast every morning at the usual time or sit quietly at four o'clock (when they usually do their homework) isn't that important. Often after-school classes and practices are also cancelled by organizers.

What is important during the one to two

week break is to let children experience new activities and outings as well as the freedom to plan their time and do the things they like to do.

Arnall maintains that "when kids are relaxed and get to learn what they want to learn — rather than an imposed agenda of reading and 'learning activities' — they will be refreshed to go back for another couple of months of school."

The only timetable that Arnall feels is important to stick with through March Break is bedtime. Everyone needs to get enough sleep. Plus, sleeping in every day will make getting up that first week back really tough.

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Defenceman Jessica Wong, centre, lines up prior to an exhibition game during the national women's hockey team's fall festival last September in Calgary.
JAMES EMERY/HOCKEY CANADA

'This is what I've been dreaming of'

Hockey. Baddeck's Wong playing among elite across the country



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

Jessica Wong may have moved across the country to further her hockey passion, but her heart is never far from her home province.

"You do what you have to do; you love the game so much," the 23-year-old blueliner from Baddeck said of moving to Alberta to lace up for the Calgary Inferno of the Canadian Women's Hockey League, which plays out of the same arena that houses Hockey Canada.

Top pick

Jessica Wong, 23, of Baddeck was drafted first overall by the Calgary Inferno in the 2013 CWHL Draft.

"It's always nice to get home," Wong said, adding her fellow Maritimes have fully supported her while chasing Team Canada dreams from afar. "Hopefully, I'll end up back in Nova Scotia."

Wong's decision to join the elite women's league, along with her hard work, has paid off. She is one of 24 of the country's top female players attending the national women's hockey team camp this week in Blainville, Que.

It's one of the final steps on the path toward representing Canada at the women's world championship this March 28 to April 4 in Malmö, Sweden.

"This is what I've been dreaming of," Wong said from Calgary, just before heading to Quebec to practise alongside 10 Sochi 2014 gold medalists and six of her teammates from national development team, which claimed the Nations Cup title in Füssen, Germany, earlier this month.

"It's a great opportunity for me," she said of this week's camp, which kicked off Mon-



Jessica Wong CALGARY INFERNO/CWHL

day and runs through Friday at the Centre d'Excellence Sports Rousseau.

Wong is one of three Nova Scotians that Hockey Canada has its sights set on for its most senior women's squad. Jillian Saulnier, 22, of Halifax and Blayne Turnbull, 21, of Stellarton became the first from this province to play for Canada at the top level when they won gold at the Four Nations Cup in Kamloops, B.C., last November.

"It's great for us Nova Scotians," she said, also pointing to the success of 17-year-old goaltender Carly Jackson, who snagged a silver medal

with the national women's under-18 team, also earlier this month, in Buffalo, N.Y. "They've just been doing really great things."

The more local role models, the more the female game will continue to grow in Nova Scotia, Wong said.

As for Wong, who's focused on "staying healthy" after recovering from a long-term injury, "getting faster" on the ice and "getting stronger" off the ice, she's long had to live elsewhere to hone her hockey skills.

That includes playing forward with the Stoney Creek Sabres of the Provincial Women's Hockey League in Ontario and leading University of Minnesota Duluth to an NCAA championship title, among many other accomplishments.

But it all started back in Baddeck, when her father bought her a pair of hockey skates because she wanted to be just like older brother, Mitchell.

"Ever since then, I've loved playing the game."

AUS volleyball

Tigers star named female athlete of week

Dalhousie Tigers women's volleyball libero Marisa Mota has been named the Atlantic University Sport female athlete of the week.

The third-year arts student from Kitchener, Ont., led Dalhousie to a 3-0 win Saturday with 30 digs and eight assists; and a 3-1 victory Sunday, adding 26 digs and three assists. Both matches were against the Memorial Sea-Hawks.

Second-year UNB Varsity Reds men's basketball guard Javon Masters, also from Kitchener, received male athlete honours for the week ending Jan. 25, the AUS announced Tuesday. **METRO**

AUS basketball

Dalhousie games postponed

The men's and women's basketball games scheduled for Tuesday night at Dalhousie University have been rescheduled to next week due to the stormy weather.

The varsity match-ups versus Acadia University will now be played Feb. 3, with the female Tigers taking on the Axewomen at 6 p.m. and the male Tigers taking on the Axemen at 8 p.m., Atlantic University Sport announced. **METRO**

Stem cell treatment

Howe's condition much improved, his son says

NHL legend Gordie Howe is doing so well after stem



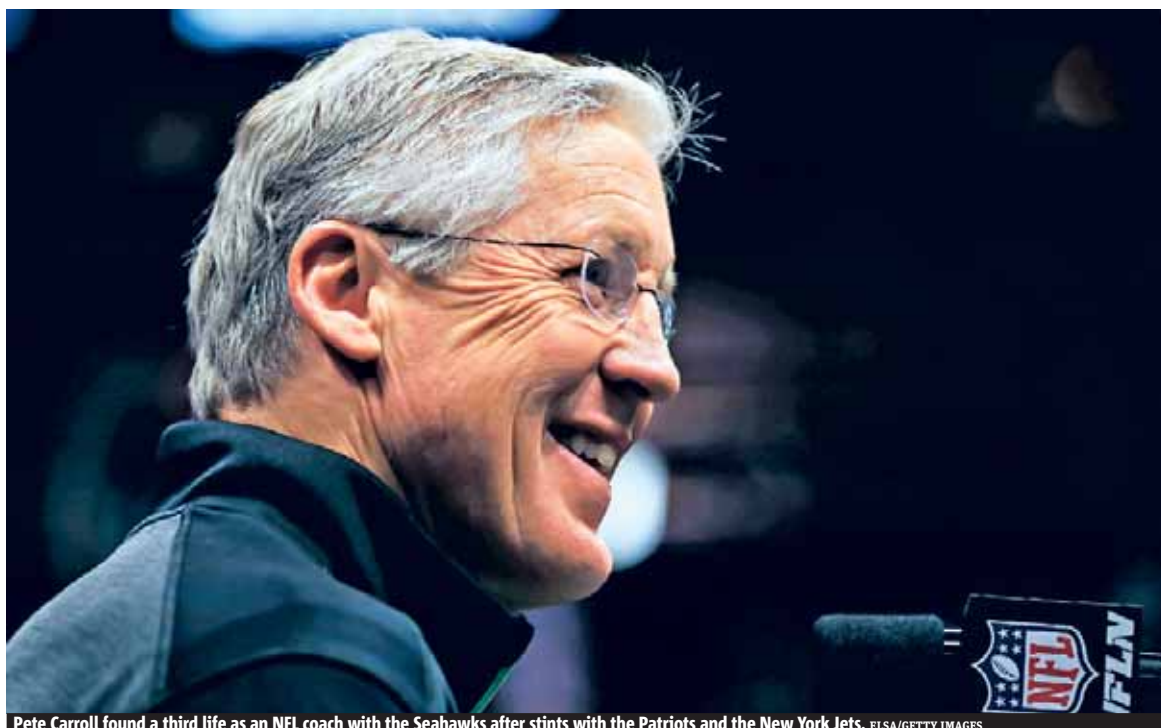
Gordie Howe
THE CANADIAN PRESS

cell treatment that his son would like the hockey legend to undergo the treatment again. Gordie

Howe suffered a pair of strokes late last year.

Marty Howe says his father did not have long to live when the family decided to take him to Mexico last month for stem cell treatment. He adds that his father can now walk again and his speech is improving.

THE CANADIAN PRESS



Pete Carroll found a third life as an NFL coach with the Seahawks after stints with the Patriots and the New York Jets. ELSA/GETTY IMAGES

Carroll credits Pats firing for his success

Super Bowl. Seahawks coach has opportunity to join select group with two championships

Looking back at the championships he won at Southern Cal and the Super Bowl title a season ago with Seattle, Pete Carroll can see exactly where the foundation for all that success was built.

The 2000 football season was the only time since 1972 that Carroll did not work in coaching in some capacity, whether it was as a graduate assistant, position coach, co-ordinator or head coach.

He'd just been fired by New England after going 8-8 in his third season there, placing Carroll into the fraternity of twice-fired NFL head coaches. Carroll had ideas for how he wanted to run a team, but never solidified the guiding principles.

Getting fired might not have seemed necessary at the time, but proved vital in creating Carroll's future.

"I'll never know that and I'm going to take it for the way it happened was necessary," Carroll said. "The pain and the struggle and the hardship and then the challenges of bouncing back were all part of the rebirth of that — of the philosophy and a mentality."

Quoted



Seahawks cornerback Richard Sherman on head coach Pete Carroll

"He trusts his players more than I think a lot of coaches do, and we appreciate him for that."

Fifteen years after being dismissed by Robert Kraft and New England, Carroll will face the Patriots as he tries to join another rare fraternity of coaches who have led teams to consecutive Super Bowl titles.

That year out of football was the birth of "Win Forever" and all the other catch phrases that go along with being part of a Carroll-coached program. And much like last year's Super Bowl in New York, where Carroll got his first NFL head coaching job with the Jets, this trip to the championship game brings another chapter of his career full circle.

"It gave me an opportunity to really collect my thoughts about moving forward and to get pointed in the direction that, really, we have maintained since," Carroll said. "I had a tremendous opportunity to reflect on the time that I had had." **THE ASSOCIATED PRESS**

Lynch speaks on Media Day but doesn't say much

Seattle Seahawks running back Marshawn Lynch constantly repeated, "I'm here so I don't get fined" for five minutes before leaving the podium at Media Day.

About 200 reporters crowded around Lynch's podium for at least 15 minutes before he arrived. But Lynch wouldn't answer any questions.

He set a timer on his



Marshawn Lynch
GETTY IMAGES

phone, caught a bag of Skittles tossed from the crowd and stopped to pick up a reporter's recorder off the floor before he walked away. **THE ASSOCIATED PRESS**

Gronkowski '100 per cent healthy' and ready to roll

Rob Gronkowski's ankle is fine. So are his forearm and knee. He's way past those injuries that ruined his last three post-seasons.

The fun-loving but hard-working Gronkowski was back on a Super Bowl Media Day platform on Tuesday. His laugh and smile were present, just as they were three years ago. The questions were dif-



Rob Gronkowski
THE ASSOCIATED PRESS

ferent. "It feels good to be 100 per cent healthy," the tight end said, "and not get a million questions like last time about my ankle." **THE ASSOCIATED PRESS**

Tennis. Today's big shots turn to yesterday's stars

Goran Ivanisevic won one Wimbledon title in his colourful tennis career, but the big-serving Croatian believes he might have won more if he'd had an ex-player as his coach, like many top competitors do today.

"Bad luck I did not have someone like me to coach me when I was (playing)," he said Tuesday at the Australian Open. "I should have had this Goran to coach that Goran. Probably I would win at least five, six more Grand Slams."

Ivanisevic, 43, is now part of the latest trend in tennis: the exclusive but steadily growing club of former pro players who have turned to coaching in their post-retirement years.

The big-name stars like Novak Djokovic, Roger Federer and Andy Murray may have glamorized the ex-player hires in recent years, taking on Boris Becker, Stefan Edberg and the pair of Ivan Lendl and Amelie Mauresmo, respectively. But the players just behind them in the rankings have also jumped on the bandwagon



Milos Raonic, pictured, has former player Ivan Ljubicic as his coach. VINCENT THIAN/THE ASSOCIATED PRESS

to try to close the gap and contend for slams.

Stan Wawrinka and Marin Cilic both won their first majors last year under the tutelage of former players: Wawrinka is coached by Swede Magnus Norman and Cilic by Ivanisevic. And Kei Nishikori has former French Open champion Michael Chang in his corner, while Milos Raonic is coached by Ivan Ljubicic, once ranked No. 3 in the world. **THE ASSOCIATED PRESS**

NHL

Penguins rally to beat Jets

David Perron and Brandon Sutter scored power-play goals less than 4 minutes apart in the third period and the Pittsburgh Penguins rallied for a 5-3 win over the Winnipeg Jets on Tuesday night.

Nick Spaling, Steve Downie and Patric Hornqvist also scored for the Penguins.

THE ASSOCIATED PRESS

NBA

Raptors victory over Pacers sets a franchise record

DeMar DeRozan scored 24 points and Kyle Lowry added 19 on Tuesday, leading Toronto to a 104-91 victory at Indiana.

The Atlantic Division-leading Raptors (30-15) established a new franchise record for most wins before the All-Star break.

THE ASSOCIATED PRESS

Weeknights at 6 Kat counts down the HOTTEST songs of the day

TOP SIX @ 6

- 6 Marianas Trench Here's to the Zeroes
- 5 Selena Gomez The Heart Wants What it Wants
- 4 Ed Sheeran Thinking Out Loud
- 3 Pitbull ft Ne-Yo Time of Our Lives
- 2 Mark Ronson ft Bruno Mars Uptown Funk
- 1 Nick Jonas Jealous

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Rio4 SX with Navigation shown[†]
Cash purchase price \$22,514
HWY / CITY 100KM^{*} : 5.3L/7.3L



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Sorento SX AT AWD 7-Seat shown[†]
Cash purchase price \$38,894
HWY / CITY 100KM^{*} : 9.0L/12.7L



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\$0 down payment^Δ

Includes "Half Price Payments" credit. \$39 weekly payment amount includes \$2,000 Half Price Payments Credit. Payments are based on 2015 Sorento LX AT (SR75BF) 84-month financing. After 50 weekly payments at \$39, the weekly payments will increase to \$79^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

2015 FORTE LX MT

Forte SX AT shown[†]
Cash purchase price \$26,814
HWY / CITY 100KM^{*} : 5.3L/8.0L



from **\$24** weekly for 62 payments

0% financing for up to 84 months

\$0 down payment^Δ

Includes "Half Price Payments" credit. \$24 weekly payment amount includes \$1,500 Half Price Payments Credit. Payments are based on 2015 Forte LX MT (F0541F) 84-month financing. After 62 weekly payments at \$24, the weekly payments will increase to \$48^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

2015 OPTIMA LX AT

Optima SX Turbo shown[†]
Cash purchase price \$33,514
HWY / CITY 100KM^{*} : 5.7L/8.9L



from **\$36** weekly for 28 payments

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\$0 down payment^Δ

Includes "Half Price Payments" credit. \$36 weekly payment amount includes \$1,000 Half Price Payments Credit. Payments are based on 2015 Optima LX AT (OP742F) 84-month financing. After 28 weekly payments at \$36, the weekly payments will increase to \$73^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

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Offer(s) available on select new 2015 models through participating dealers to qualified retail customers who take delivery from January 3rd to February 2nd, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,665, \$5 OMVIC fee, \$29 tire tax, other taxes, environmental fee, and \$100 A/C charge (where applicable). Excludes licensing, registration, insurance, variable dealer administration fees (up to \$399), fuel-fill charges up to \$100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *Up to "Half Price Payments" for up to one year ("Offer") is only applicable on financing offers on 2015 Rio/Forte/Optima/Sorento/Rondo models. On approved credit, from a participating dealer in Canada between January 3rd to February 2nd, 2015. The Offer consists of a loan credit (Up to "Half Price Payments Credit") that will range from \$500 to \$3,250 depending on model/trim. Customers can choose to take the full amount of the applicable Half Price Payments Credit as a one (1) time incentive that will be deducted from the negotiated price of the vehicle before taxes. Alternatively, customers can choose the up to "Half Price Payments" option and have their financing payments reduced (before taxes) by 50% until such time as the entire amount of the applicable Half Price Payments Credit has been exhausted. This may take between 10 weeks and 69 weeks depending on model/trim and the amount of the applicable Half Price Payments Credit. After the entire amount of the applicable Half Price Payments Credit has been exhausted, the customer will be required to pay the full amount of all regularly scheduled finance payments over the remaining term of the contract. Vehicle trade-in amounts and down payments are not calculated in the advertised up to "Half Price Payments". See dealer for complete details. [†]Representative financing example: 0% financing offer for up to 84 months available to qualified retail customers on approved credit for the new 2015 Rio LX MT (R0541F)/2015 Forte LX MT (F0541F)/2015 Optima LX AT (OP742F)/2015 Sorento LX AT (SR75BF) with a purchase price of \$15,614/\$17,514/\$26,414/\$28,794 financed at 0% for 84-month period with \$0 down payment equals 69/62/28/50 reduced weekly payments of \$21/\$24/\$36/\$39 followed by weekly payments of \$43/\$48/\$73/\$79. Cost includes delivery and destination fees of up to \$1,665, \$5 OMVIC fee, tire tax of \$29, \$100 A/C charge (where applicable). Includes \$1,500/\$1,500/\$1,000/\$2,000 "Half Price Payments" credit. Cost of borrowing is \$0 and total obligation is \$14,114/\$16,014/\$25,377/\$26,794. "Half Price Payment" incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. Offer ends February 2nd, 2015. *Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (F0748F)/2015 Rio4 SX with Navigation (R0749F)/2015 Sorento EX AT AWD (SR75HF)/2015 Optima SX Turbo AT (OP748F) is \$26,814/\$22,514/\$38,894/\$33,514. * Highway/City fuel consumption is based on the 2015 Rio LX+ ECO AT/2015 Forte 1.8L MPI 4-cyl M/2015 Sorento LX 2.4L GDI 4-cyl AT/2015 Optima 2.4L GDI AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *FinePrint Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. *\$1,000 New Year Bonus amounts are offered on select 2015 Winter Edition models and are deducted from the negotiated purchase price before taxes. Available on financing offers only. Certain conditions apply. \$1,000 New Year Bonus amount available on the 2015 Rondo LX AT (5-seat) Winter SE (RN75SF), 2015 Rondo LX AT (7-seat) Winter SE (RN75TF) and 2015 Optima LX AT Winter SE (OP74SF). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

2015 Toyota Yaris

- **Type.** Two- or four-door subcompact hatchback
- **Engines.** 1.5-litre four-cylinder (106 hp)
- **Transmissions.** 5-speed manual or 4-speed automatic
- **Price.** \$14,545 base, \$17,665 as-tested

Market position

This is the segment where automakers advertise their rock-bottom prices, but be careful. Most base models don't come with air conditioning, power windows or other convenience features, so add in their cost for comparison if you want them.

Points

- The car's single wiper blade looks neat and does a great job of cleaning the windshield.
- Although it's officially a five-passenger, you should realistically expect to get just two adults in the back.
- Controls are simple and straightforward, but the lock and window buttons need backlighting at night.



The rear seats really only hold two adults, but fold down for cargo.

Interesting features

Nine airbags, USB port, power locks, digital clock, 60/40 folding rear seat, and rear wiper/washer are all standard equipment; options include a leather-wrapped steering wheel, keyless entry, heated mirrors and fog lamps.

Aging star gets a facelift



PHOTOS: JIL MCINTOSH

Review. Refreshed Toyota Yaris looks good but the unchanged mechanicals feel a little bit behind the times

JIL
MCINTOSH
drive@metronews.ca

Once a rather dull-looking little car, the Toyota Yaris gets a major facelift for 2015.

Sporting a grille reminiscent of some Lexus models, the company's entry-level runabout now looks the part in this competitive subcompact segment.

You can get it as a two-door

hatchback, which comes in a single trim level at \$14,545. The four-door hatch comes in two trim levels, starting with the LE at \$15,695, and my top-line SE tester, which starts at \$17,665.

Mine had a five-speed manual, while the available four-speed automatic takes it to \$18,665.

The mechanicals didn't get changed in this update, and they're a little behind the times, but they do the job.

The 1.5-litre four-cylinder engine makes 106 horsepower and, although that doesn't sound like much, it's a fun little car to drive, especially with the stick shift.

A sixth gear would be nice, since the engine revs more



There's a lot of hard plastic in the cabin, but it's a handsome, functional design.

than I like at highway speeds.

The suspension and steering have been tweaked, and the Yaris feels rigid and stable, with a tight turning radius that's handy for getting into tight parking spaces.

I'd like to see Toyota add

hill-start assist, which momentarily holds the brake when you're stopped on an incline and gives you enough time to get your foot from the brake to the throttle without rolling backwards. It's handy for all drivers, but especially

Compare



1 Nissan Micra

Base price: \$9,998

Canada's least-expensive car can only be found here; it's not sold in the United States.



2 Hyundai Accent

Base price: \$13,599

Hyundai has lowered its prices now that the new Canada-Korea Free Trade Agreement is in effect.



3 Ford Fiesta

Base price: \$14,999

Three engines range from the 120-hp base to a 197-hp turbo hot-hatch version.

younger or inexperienced ones who are likely to be shopping in this price range.

Air conditioning, power windows, cruise control, and keyless entry are extra-charge on the base LE trim line, but standard equipment on the SE.

There's a lot of hard plastic in the cabin, as you'd expect for the price, but it's a handsome design and very functional.

The SE's sport-style seats are comfortable and fairly supportive, and you can fold down the rear seats for extra cargo space.

It may not be fancy, but the Yaris remains a viable contender in the little-car segment.

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Next-gen Volt will share Cadillac's battery regeneration system

The upcoming replacement for the Chevrolet Volt will get the same driver-controlled battery regeneration system already being used in the range-extended Cadillac ELR, reports Automotive News. The two vehicles now essentially share their power systems. The ELR's Regen on Demand allows the driver to decelerate while descending a hill or approaching a turn under braking, converting the car's kinetic energy into electricity stored in the battery pack. It gives drivers the opportunity to "finesse their eco-driving a little bit," controlling the regen directly and not just through the brake pedal, explained Volt chief engineer Andrew Farah. Two paddles on the back of the steering wheel allow the driver to adjust the amount of energy captured by the braking system.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM



The next Chevrolet Volt will get some of the technical goodies that were initially saved for the luxury Cadillac ELR.

Automatic recharging system could make life easier for Tesla S owners

Tesla Motors founder and CEO Elon Musk announced this month that his company is working on a robotic arm for recharging its Model S electric plug-in sedans. It would eliminate the driver's need to plug in the car when parked. The robotic system would do away with the need to locate the cable, plug it into the car and turn on the charger. Musk tweeted that the charger automatically moves out from the wall "and connects like a solid metal snake." This was followed by a second tweet: "This can be used with all existing Model S cars, not just future ones."



What's worse than being too lazy to plug in your car? Forgetting. Tesla is working on an arm that will do it for you automatically.

Shift points

- Auto industry news, data and statistics provider WardsAuto has stretched the meaning of the word engine, by including an electric motor from BMW's plug-in i3 city car and Hyundai's fuel-cell powertrain from the Tucson on its annual Top 10 list of engines.
- Since it introduced the first Leaf electric plug-in sedan four years ago, Nissan and its partner-owner Renault have delivered more than 200,000 electric cars, which have driven roughly four billion zero-emission kilometres.
- Electric car owners in Northern Indiana are getting free electricity to recharge between the hours of 10 p.m. and 6 a.m. The Northern Indiana Public Service Company offers the zero rate to owners who install a separate meter just for EV charging.



Volvo tests three-cylinder engines

A Volvo-developed line of three-cylinder engines is the next step in the Swedish automaker's Drive-E program, intended to showcase its engineering prowess and commitment to developing "efficient power." The engines will deliver up to 180 horsepower and will join the existing four-cylinder line of Drive-E engines, which is the first step in the program. Volvo has a history of developing its own engines in-house. Research and development chief Peter Mertens says adding a three-cylinder to the mix is "a natural step" in Volvo's downsizing strategy, and the engine itself is "another step toward zero emissions and real-world performance." Even Volvo's 60 Series sedans will get the three-cylinder option, made possible through "advanced turbo technologies," while meeting ever-stricter emission targets.

Audi unveils an A7 powered by a hydrogen fuel cell

Audi recently unveiled a hydrogen-powered A7 all-wheel-drive coupe, which shows the German automaker's readiness to deploy hydrogen technology should the market ever demand it. Audi fitted an electric motor at each axle, reports Motor Authority, with the electricity to power them coming from either a hydrogen fuel cell or a lithium-ion battery that can be charged from home or topped up with regenerative braking. The fuel-cell system makes 228 hp and 398 lb.-ft. of torque. The driving range on a full tank of hydrogen is 515 kilometres, which can be extended by 50 km if the vehicle's battery is fully charged. However, Audi has no current plans to put the car into production.

Ferrari's laboratory car is a high-tech beast

Ferrari showed its latest rolling test bed in oil-rich Abu Dhabi in December. The FXX K is a rolling laboratory car based on Ferrari's first Hybrid model, the LaFerrari, and will be available to super-wealthy customers — called Client-Test Drivers — with whom Ferrari will roll out a test program over the next two years. The 40 copies in the works are all are spoken for. The K in its designation refers to the kinetic energy recovery system (KERS), but that doesn't make the FXX K exactly green. Just 190 of the car's total 1,036 horsepower output comes courtesy of the electric motor and KERS system, with the balance exploding from its advanced 65-degree V12 engine. No price was disclosed. KERS uses a small flywheel that's electrically spun up to very high revolutions during braking. The driver can then slow the flywheel to generate electricity for short bursts of power.



Electricity can improve fuel efficiency. But with supercars such as the Ferrari FXX K, it is used to generate more power.

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Wise customers read the fine print: ¹0, ²1, ³2, ⁴3, ⁵4, ⁶5, ⁷6, ⁸7, ⁹8. ¹The First Big Deal Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after January 3, 2015. Offers subject to change and may be extended without notice. All pricing excludes freight (\$1,695), air-conditioning charge, license, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. (\$8,500 in Total Discounts is available on new 2015 Ram 1500 models (excluding Reg Cab) and consists of \$7,000 in Consumer Cash Discounts and \$1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. ²3.99% purchase financing for up to 96 months available on select new 2015 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Ram 1500 Crew Cab 4x4 SXT (25A+AGR+FXH)/2015 Ram 1500 Quad Cab 4x4 SXT (25A+AGR) with a Purchase Price of \$30,949/\$27,477 with a \$0 down payment, financed at 3.99% for 96 months equals \$174/\$155 with a cost of borrowing of \$5,253/\$4,664 and a total obligation of \$36,201/32,140.50. ³\$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2014/2015 Ram 1500 (excludes Regular Cab). 2014 Ram ProMaster or 2014 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before January 1, 2015. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed an Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baumeier Approved service providers. Proof of membership is required. Limit one \$1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. ⁴Non-prime financing available on approved credit. APR example: 2015 Ram 1500 Quad 4x4 SXT with a Purchase Price of \$27,477 financed at 6.99% over 84 months, equals 182 bi-weekly payments of \$191 for a total finance obligation of \$34,823.65. ⁵Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ⁶Fuel Economy claim based on *Automotive News* Full-Size Pickup segmentation and 2015 *EnerGuide* highway fuel consumption ratings. Government of Canada new 5-cycle test method used. Your actual fuel consumption will vary based on driving habits and other factors. ⁷Based on *Automotive News* Full-Size Pickup segmentation. ⁸Longevity based on entire Ram Pickup lineup compared to competitive pickups. Based on IHS Automotive: Polk Canadian Vehicles in Operation data as of July 1, 2014, for model-years 1988-2014 for all large pickups sold and available in Canada over the last 27 years. ⁹When properly equipped. ¹⁰Based on *Automotive News* Full-Size Pickup segmentation. 2014 *EnerGuide* highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 11.5 L/100 km (25 MPG) city and 8.4 L/100 km (34 MPG) highway on Ram 1500 4x2 model with 3.0L EcoDiesel V6 and 8-speed automatic. ¹¹The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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Jag gets leaner, meaner in return to glory

Autopilot. The latest rebuild for the storied but recently tarnished luxury brand appears headed for success. Sorry Maple Leaf and Oiler fans



AUTO PILOT
Mike Goetz
drive@metronews.ca

Rooting for Jaguar is much like rooting for the Toronto Maple Leafs or Edmonton Oilers.

Lots of great history and

many years leading the pack, only to be followed by a Sahara-like dry patch.

But you stay committed, because of the history, and because there is just enough semi-success here and there to keep you from abandoning all hope. But as each season comes and goes, you're left grasping at

the only optimistic option: another total rebuild.

Well, at least one of these storied franchises finally appears ready to return to its former glory — rewarding its past, current and future fans. Here's a hint: it's not one that wears mouth guards.

Jaguar's latest rebuild ef-

fort looks to be the real deal, based on a massive investment by its current ownership group, Tata Motors of India.

Billions were spent on a new R&D centre and engine plant (both in the U.K.), and on a new assembly plant in China, which will produce Land Rovers and Jaguars.

A ton of money also went into developing Jaguar's new vehicle architecture, which has been in the works for years, and is finally ready for prime time.

Full of aluminum and very modular, it will form the basis of every new Jaguar coming down the pike, such as the new XE luxury compact, future compact and midsize luxury crossovers, the next-generation XF luxury sedan, and probably the next-generation XJ flagship as well. (Only the XF sports car has gone with a different architecture).

When Tata bought Jaguar and Land Rover from Ford in 2008, analysts wondered how much pain it would have to go through before seeing any gain. In 2010, global sales dropped to about 40,000 vehicles, a new and painful low.

But in just four short years, annual sales shot up to more than 100,000.

The new XF and XJ sedans initiated, and continue to build, momentum, and everybody loves the idea of the new F-type — the first real two-seat sports car from Jaguar since the iconic E-type of the 1960s.

Iconic revival

Everybody loves the idea of the new F-type — the first real two-seat sports car from Jaguar since the iconic E-type of the 1960s.

Jaguar benefited from Land Rover's earlier, successful turnaround — the money was there to invest in Jaguar. The sharing of technology between the two brands will also help as they move forward.

And now we're hearing plans to sell both brands from the same showrooms, so that luxury shoppers will sense the breadth and variety of the combined brands as soon as they stroll inside the dealership. That should help develop more customer loyalty to the Jaguar Land Rover family.

Like all other auto makers, Jaguar is banking on an aggressive push into China, now the world's largest luxury market.

The other trick up Jaguar's sleeve is loading up on German executive talent. Many ex-BMW managers are now in the Jaguar/Land Rover fold, ready to try a new version of the business plan that has made the Munich-based automaker so successful.

With Jaguar poised for a great run, a coaching change is neither necessary nor imminent.



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British indie rock band The Kaiser Chiefs helped launch Jaguar's new XE sedan in London last fall. CONTRIBUTED

Car colours are personal, but blame Apple for boring whites

The next time you buy a car, you might want to pause a while longer when deciding on the colour.

Top automakers throw millions at researching what the latest tastes are, and say the colour of a vehicle is so important that it can be the difference between buying or not.

The recent auto show in Detroit saw all the classic colours — red for Ferrari, yellow for Porsche — and a few less conventional (a Nissan Titan pickup truck in “forged copper”).

But there was no mistaking

the preeminence of white — particularly at the Volkswagen booth, where several cars, the stairs, and much of the furniture were all white.

“White for cars really peaked in the 1970s and 1980s, and then, all of a sudden, disappeared,” said Volkswagen head designer Oona Scheepers, sitting at a white table, on white chairs, in a white room.

“But in the last 10 years, we have noticed an increase again in white. And it definitely came with the Apple iPod era, because Apple started to do every-

thing with white, and a lot of nice chrome or metal finishes. In combination, it was really nice and fresh.”

But black is still Volkswagen's best-seller. So what kind of person does that make you?

“You could be sporty. But people in hot countries like white,” Scheepers says. “White definitely deflects heat.”

Volkswagen's research has also turned up a surprising anomaly: Younger buyers want more sober-coloured vehicles — while older drivers go for brighter ones. **AFP**



If you're driving an Aston Martin, the colour probably won't matter. For the rest of us, it's important. TORSTAR NEWS FILE

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January 28

LEGAL NOTICE

2014
BETWEEN: SUPREME COURT OF NOVA SCOTIA Hfx No. 430753
FIRST NATIONAL FINANCIAL GP CORPORATION PLAINTIFF
- and -
ROBERT JOSEPH SHRUM and SHERRY LYNN SHRUM DEFENDANTS

NOTICE OF PUBLIC AUCTION

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

PROPERTY: All that piece of parcel of land situate lying and being known as Civic No. 186 Amaranth Cres., Cole Harbour, in the County of Halifax, Province of Nova Scotia being more particularly described in a mortgage made between Robert Joseph Shrum, Sherry Lynn Shrum and First National Financial GP Corporation, which mortgage is recorded at the Land Registry Office for the County of Halifax, as Document No. 92196154. The subject property has been migrated to the Land Registry System and is known as PID No. 00414144, and is subject to the burden of restrictive covenants.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the Prothonotary's office and may be inspected during business hours.

Date of Sale: February 20, 2015.
Time of Sale: 11:00 a.m., local time.
Place of Sale: The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia B3J 1S7
Terms: Ten per cent (10%) deposit payable by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

SIGNED at Halifax, Nova Scotia on January 6, 2015.

Richard Bureau
MORRIS BUREAU
Solicitor for the Plaintiff
307-6080 Young Street
Halifax, NS B3K 5L2

Nicholas C. G. Mott, Barrister
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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Travel arrangements may be subject to delays today, so give yourself plenty of time to get where you need to be. If you do get held up, take it in stride.

Taurus

April 21 - May 21

Don't let a friendship suffer over a money issue that is of no importance. It may seem a big deal to you now but in a matter of days you will realize it wasn't worth the time or the energy.

Gemini

May 22 - June 21

A loved one will go out of their way to do something they hope you approve of today. Even if you are not impressed pretend that you are, because if you help them feel good now they will help you later on.

Cancer

June 22 - July 23

Keep your eyes and ears open today because something you see or hear could be the final piece in a puzzle that has been causing you sleepless nights.

Leo

July 24 - Aug. 23

Don't leave loved ones guessing what you expect of them. This is one of those times when you must spell things out in words of three syllables or less.

Virgo

Aug. 24 - Sept. 23

Someone who never seems to stop complaining is beginning to get on your nerves and at some point today you will have to confront them.

Libra

Sept. 24 - Oct. 23

You may not be enthusiastic about what you are expected to do today but if you are smart you will do it anyway. Others look up to you as someone who can be relied on.

Scorpio

Oct. 24 - Nov. 22

A money-making idea may seem to be the answer to your prayers but as mind planet Mercury is going through one of its retrograde phases it will pay to be cautious.

Sagittarius

Nov. 23 - Dec. 21

A loved one will say something thoughtless today and your feelings will be hurt. Don't plot your revenge. It's unlikely they meant to be spiteful.

Capricorn

Dec. 22 - Jan. 20

You may be tempted to cut corners and do less than your best on a task today but is that such a good idea? It will lead to mistakes and those mistakes will cost a lot to correct.

Aquarius

Jan. 21 - Feb. 19

You are wasting time and energy fantasizing about things that are never going to happen. Today's Mercury-Uranus link demands that you bring your dreams down to earth.

Pisces

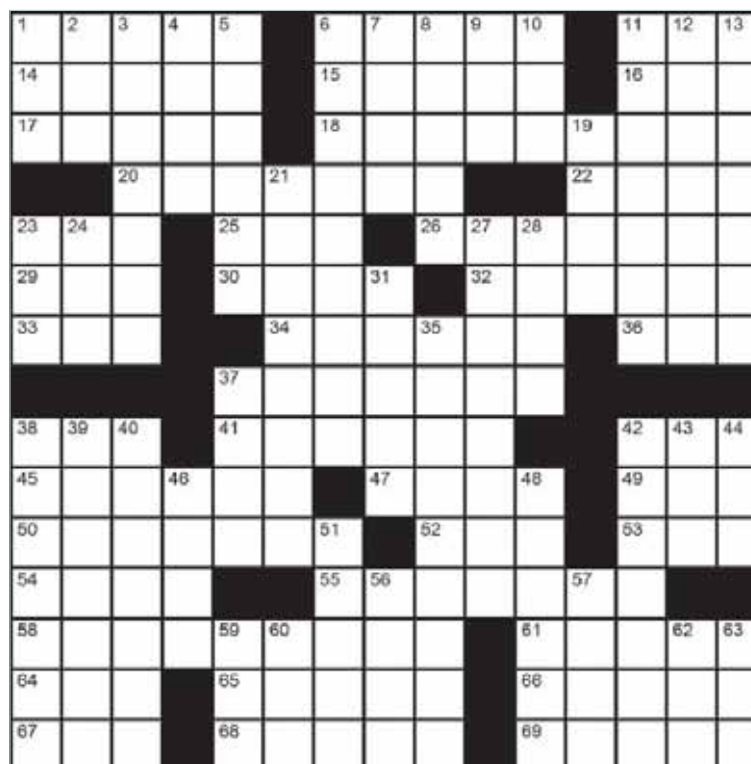
Feb. 20 - March 20

The course of action you're about to take won't meet with everyone's approval but you don't care. Do it your way!

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Cooking: Not set high: 2 wds.
6. Hollies hit bit: "... heavy, ___ brother."
11. US cable network
14. Depression-era song: "Brother, Can You Spare ___?"
15. Web-sent party notice
16. Promise to pay
17. Hockey, for example
18. Late-'70s futuristic series starring #40-Down: 2 wds.
20. Ancient Assyria's capital
22. Possess
23. Yalie
25. Soul: French
26. Footsteps
29. Industry, colloquially
30. "... ___ ring on it." - Beyonce
32. Jean-Philippe ___ (Baroque composer)
33. Spelling contest
34. Group of Seven member Arthur
36. "How ya doin'?"
37. Milk intolerance reason
38. Ms. Kardashian
41. Turtles tune: "___ Me Babe"
42. Arrow's partner
45. "That may be, but...": 2 wds.
47. Bun
49. Admiration
50. Whistle-holding cord



52. Name for many Popes
53. He humans
54. Eleven: French
55. Google yourself
58. 'Deep Fantasy' is a current album by what Vancouver punk rock band?: 2 wds.
61. Starts racing!: 2

64. ___ Valley, San Francisco
65. Gambling mecca in China
66. Famous violin, commonly
67. Bronze Roman money
68. Actress, Holly

- Robinson ___
69. Broadway performer Ms. McDonald

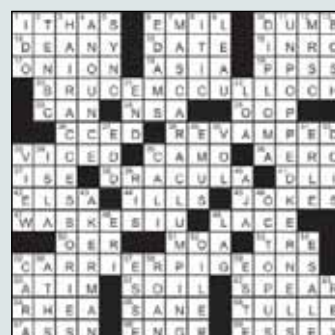
Down

1. '___' in Ottawa
2. Tom Mulcair's pol. party
3. Exalt enormously
4. Actor Mr. Katz

5. Fast food towelette
6. Sans serif font style
7. Ancient celebrator's "Whoopie!"
8. Swooning sounds
9. Kingston Trio hit
10. Yearning
11. Rants
12. Moncton's province, in French:

- ___ Brunswick
13. Does a car maintenance job: 2 wds.
19. Carpentry wedge
21. Imitator
23. Decline
24. Untruth
27. Bridge frame-works
28. Scarce
31. Displaying activity
35. Late night talk show opening
37. "The Simpsons" sister
38. BC: Okanagan Valley city
39. Sir Walter Scott novel about a Saxon knight
40. Toronto-born actress Heather (See #18-Across and #48-Down for more!)
42. Canadian country star Gord
43. "Thanks! I ___ you one."
44. Hair care brand
46. Novosibirsk 'no'
48. Daughter played by #40-Down in "The Sound of Music" (1965)
51. Tie score in tennis
56. Bothersome bug
57. Alphabet sequence
59. 'E' in HRE, for short
60. Papua New Guinea seaport
62. Outlying
63. US health-related agcy.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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